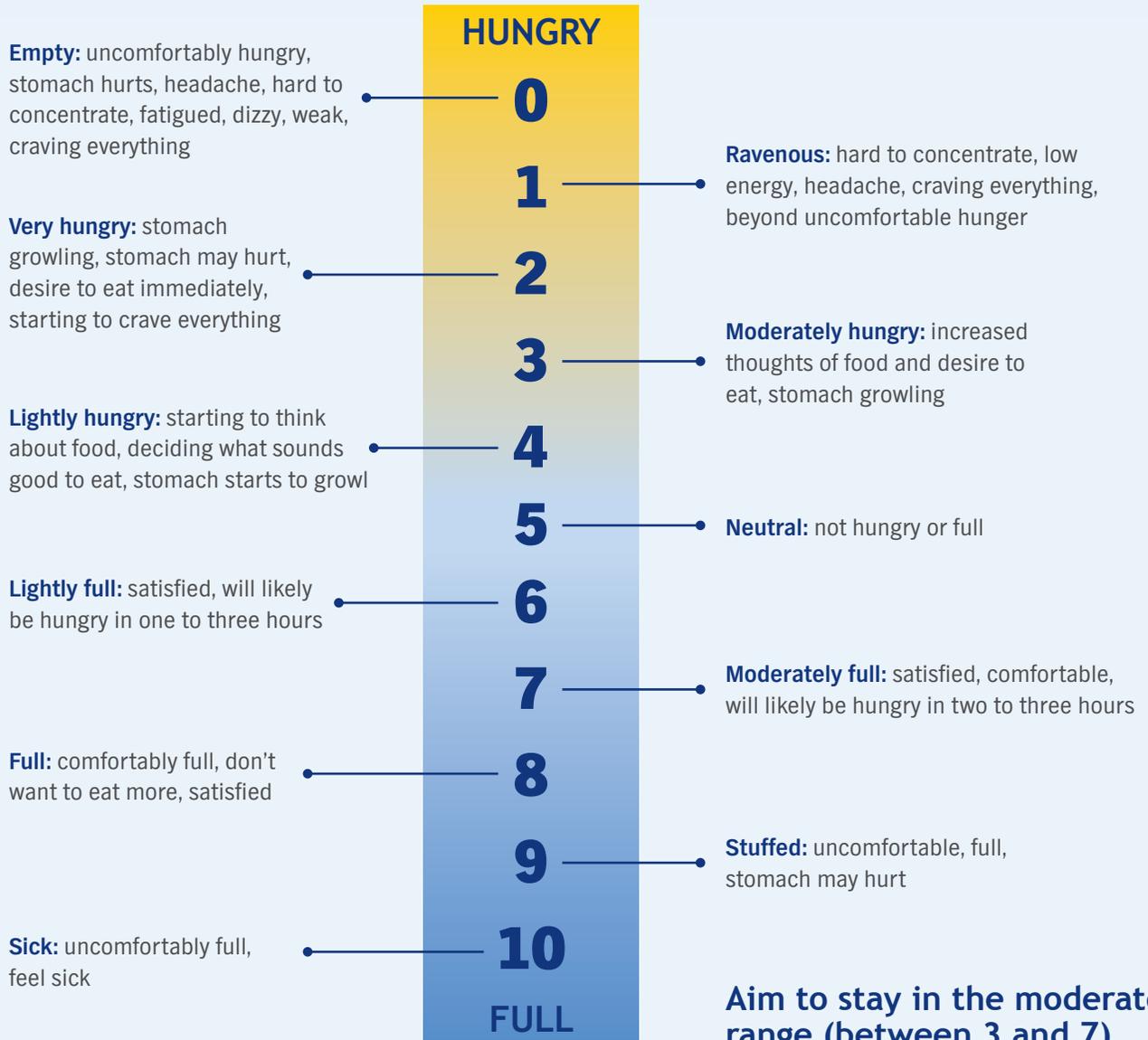


How hungry am I?

Use this hunger scale to stay satisfied – not too hungry and not too full. If you eat when you're lightly to moderately hungry, you're more likely to stop when you're lightly to moderately full. But if you eat when you're ravenous or empty, you're more likely to overeat. The scale can also help you be more mindful about when to eat so you stay energized and feel your best.



Aim to stay in the moderate range (between 3 and 7)