

PWYSAU IACH  
BYW'N IACH

HEALTHY WEIGHT  
HEALTHY YOU

# Hunger Score

## Hunger Score

There are lots of reasons why we eat other than when we are hungry. Thinking of, seeing or smelling food can make you want to eat. You might eat when you are feeling bored, stressed, upset or fed-up.

Using the hunger score has been a huge help for many people who have lost weight. The hunger score is a 10 point scale.



Not at  
all hungry



Starving  
hungry

- A score of **0** means you are not hungry at all, you might feel like this after eating a large meal.
- A score of **10** means you are extremely hungry, you might feel like this if you have missed a meal or not eaten for several hours.

### Using this scale, what would you say your hunger score is right now?

- If you give yourself a score of 8-9, then you are starving hungry. Do take care if you feel like this, try to pace your eating so you don't have too much. When you feel this hungry, you've less patience for preparing or cooking food, and so are more likely to choose something that offers a quick but not necessarily a healthy fix. Where possible try to avoid arriving this far on the hunger scale.
- Most people choose a score around 6 or 7 when they want to eat something.
- If you choose a figure on the scale of 6 or below, you aren't really hungry enough to eat, instead have a think about what might have prompted you to eat.

### Practice using the hunger scale every time you feel like eating and try to be honest with yourself.

What point on the hunger score do you plan to wait for until you eat something?  
Make a note of it below.

**My hunger score target will be .....**  
Keep a note of your hunger score in your food diary.