

5 Step Hunger Scale

1

represents being extremely hungry, to the point of feeling weak or irritable ("hangry").

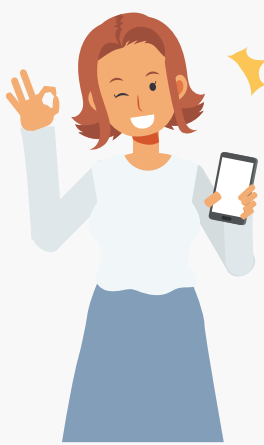


2

indicates mild hunger, a signal that your body needs food soon.

3

suggests neutrality, where you are neither hungry nor full.



4

signifies feeling satisfied and comfortably full, the ideal state after a meal.

5

means feeling uncomfortably full or overstuffed.

