

Appetite Rating Scale

An appetite rating scale is a tool that can be used to help build and improve our appetite and hunger signals. This scale can help us observe and track our appetite as we eat our meals.

Using a tool such as this one can help improve our awareness for our hunger signals/cues, helping us with making food and beverage choices that better align with our health goals. Due to our busy lives and schedules, many of us ignore our hunger cues. When we continue to ignore our hunger signals, over time, we lose our natural ability to notice our appetite. A lack of awareness in our hunger cues or appetite can create confusion in our ability to rely on these signals, and can lead to overeating, emotional eating and/or stress eating.

Fortunately, we can re-learn to listen to our hungry cues to correct this confusion. Getting back in tuned with our hunger cues will help us better assess our nutritional needs. We can start with process by noticing, assessing and tracking our hunger levels. This process will improve our appetite awareness and help to improve our ability to regulate our food and beverage intake so that we can better provide our bodies with the energy, vitamins, and minerals it needs for optimal health and weight.

Use to the scale below to assess your appetite level during meal times.

Before you eat a meal, assess your appetite according to the scale below. After you're finished your meal, assess your appetite again. Try to be objective in your assessment. Consider another assessment halfway through your meal as that can be helpful also.

1	2	3	4	5	6	7	8	9	10
Extremely hungry (weak, dizzy, irritable)		Starting to feel hungry (stomach growling)		satisfied, comfortable		starting to get very full (uncomfortable)			Extremely full (stuffed, sick)