

## Eating the right amount of food

# HealthPartner

for Weight Loss Surgery

To help manage your weight, it's important to listen to your body's feelings of hunger and fullness. This may take some time and practice. During your next meal, slow down and take a few moments to check in with yourself. You can use the scale below to rate your hunger or fullness level.

The goal is to stay between 3 and 7 on the scale. Being in this range can help you feel comfortable and satisfied at each meal, which can help you avoid overeating. Keep in mind that feelings of satisfaction or fullness may not happen right away. Eating slowly can help.

Rating	Hunger/Fullness Scale
10	Uncomfortably full or "sick" – "Thanksgiving full"
9	Stuffed and uncomfortable
8	Too full, somewhat uncomfortable
7	Full, but not yet uncomfortable – hunger is gone
6	Filling up, but still comfortable – could definitely eat more
5	Neutral – neither hungry nor full
4	Slightly hungry, mild signals that your body needs food – you can wait to eat
3	Hungry, not yet uncomfortable – clear signals that your body needs food
2	Very hungry, irritable, or anxious – you want to eat everything in sight
1	Starving, feeling weak, lightheaded, dizzy, or other extremely uncomfortable symptoms of hunger