

UNDERSTANDING HUNGER CUES



How do you know you're hungry?

- Your body tell you through a variety of cues: your stomach growls, you may develop a slight headache or begin to feel tired and weak, or if you wait too long, you become "hangry". Perform the activity to help your child identify their hunger level on a scale of 1-10. Your body typically feels best if you stay within the 3-6 hunger range. You can do this quick mindfulness activity before each meal or snack to learn your hunger cues.

Activity:

- Sit in a still and relaxing position. Breathe deeply for a few moments, close your eyes, and focus on how your body is feeling.
- Focus on your stomach: How does it feel? Did you just eat a meal and your stomach feels full or satisfied? Or has it been a while since you ate and your stomach feels empty?
- Now focus on your head: How does your head and mind feel? Are you mentally alert? Or do you feel lightheaded and difficulty focusing?
- Now focus on your whole body: How is your energy level? Do you feel like you have enough energy to play? Or does your body feel heavy and low in energy?
- Based on these questions, rate your hunger on a scale of 1-10: 1 being starving and 10 being in a food coma. The hunger scale is on the next page.



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1	so starved you're weak or dizzy
2	extremely hungry and feeling irritable; lots of stomach growling
3	less famished; hungry enough for occasional stomach growling
4	mildly hungry—often following a light snack
5	satiated—feeling neither hunger nor fullness
6	mildly full with no discomfort
7	full enough for mild discomfort
8	stuffed enough for more notable discomfort
9	“Thanksgiving-stuffed,” possibly with extreme discomfort
10	filled to the point of feeling sick