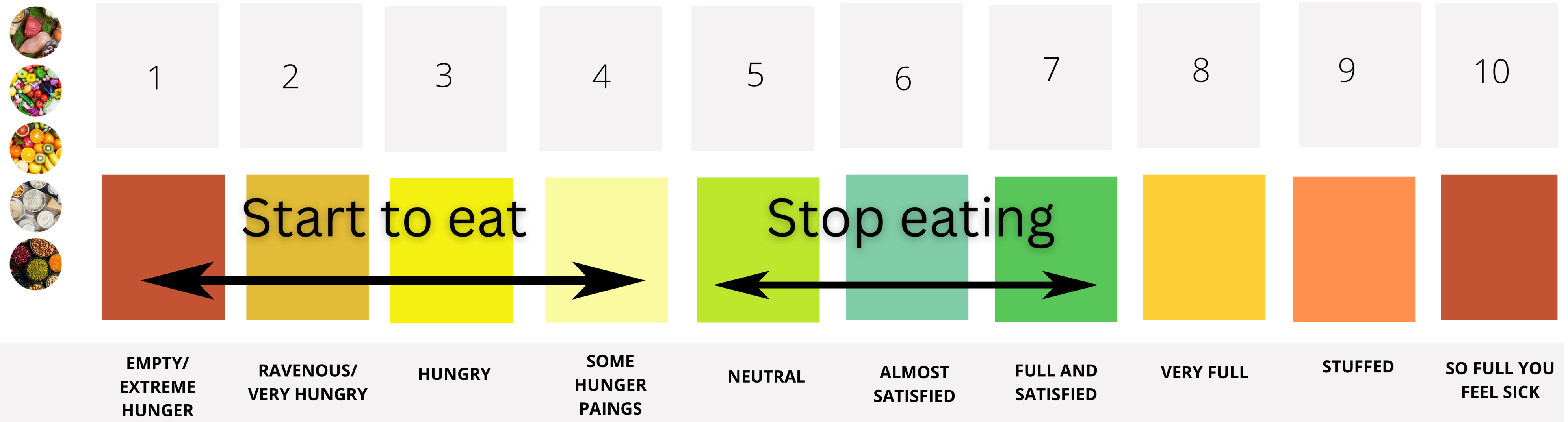


THE HUNGER SCALE



How to use the Hunger Scale

1. Rank where you are on the scale before you start your meal
2. Rank where you are on the scale half way through your meal
3. If you continue eating at this point, rank yourself on the hunger scale at the end of the meal. If you are full and satisfied, you chose the right portion size for you! If you feel at the end of the meal that you've overdone it, don't beat yourself up, simply recognise that you continued to eat past the point of fullness and reflect on why this happened and how to stop earlier with your next meal.

Staying in the green zone is key!