

Intuitive Eater's Bill of Bites

- I. I have the right to enjoy second servings without apology.
- II. I have the right to use the Hunger-Fullness scale to honor both my health and satisfaction.
- III. I have the right to say "no thank you" when offered more food.
- VI. I have the right to savor my meal without judgment.
- V. I have the right to eat pumpkin pie for breakfast.

Adapted from Tribole, 2012.



Hunger-Fullness Discovery Scale



Rating

Description

- | Rating | Description |
|--------|--|
| 1 | <i>Starving.</i> You may feel weak, dizzy, and lack concentration. |
| 2 | <i>Very hungry.</i> You may feel irritable, lack energy, and stomach growling. |
| 3 | <i>Hungry.</i> You may have hunger pangs and a strong urge to eat. |
| 4 | <i>Slightly Hungry.</i> You begin to feel the first awakening of hunger. |
| 5 | <i>Neutral.</i> The body is fueled and satisfied – neither hungry nor full. |
| 6 | <i>Pleasantly satisfied.</i> You may feel satisfied but could eat more. |
| 7 | <i>Full.</i> You may feel totally satisfied and may not feel hungry for hours. |
| 8 | <i>Stuffed.</i> You may feel full and do not want to eat anything else. |
| 9 | <i>Bloated.</i> You may feel very uncomfortable and your stomach may hurt. |
| 10 | <i>Nauseous.</i> You may feel sick from overeating and overstuffed. |