There are many reasons people eat including boredom, pleasure, anxiety, busy schedule, or social gatherings. If you are eating for reasons other than to satisfy your hunger, you may have dietary habits that make it difficult to manage your weight. Listen to your body and examine your hunger (physiological need for food), appetite (desire for food), and satiety (feeling of fullness and satisfaction from eating) prior to eating.

**Hunger and Fullness Scale**

Use the following scale to rate your feelings of hunger and fullness before and after you eat.

- **1** = Famished, starving
- **2** = Really hungry, may feel tired, weak, difficult to concentrate
- **3** = Hungry, stomach may grumble
- **4** = Somewhat hungry but could wait to eat
- **5** = Neither hungry nor full, don’t need to eat
- **6** = Feel satisfied or somewhat full, no reason to eat more
- **7** = Politely full, you could eat more but don’t have to
- **8** = Full, don’t need to eat more
- **9** = Uncomfortably full
- **10** = Painfully full, can’t eat more

**N.O.W. Technique (Need or Want?)**

When food is a thought, ask yourself, “Is this a need because I feel stomach hungry or is it a want?” If you are not hungry, wait to eat until you are hungry and find alternative activities you can do in the meantime. Reasons people might eat when not hungry include boredom, stress, feeling sad or sleepy, while studying, social situations and when tempting food is nearby. Consider the following activities you can do when not hungry:

- **Blog**
- **Browse pictures**
- **Brush teeth**
- **Check email**
- **Chew gum**
- **Clean**
- **Color/draw/doodle**
- **Craft**
- **Drink a beverage**
- **Go for a bike ride**
- **Go for a walk**
- **Go to the park**
- **Homework**
- **Journal**
- **Knit or crochet**
- **Light a candle**
- **Listen to music or podcast**
- **Make a collage**
- **Meditate**
- **Online shop**
- **Organize**
- **Photography**
- **Pinterest**
- **Plan a dream vacation**
- **Play a card game**
- **Play a game (board, app, video)**
- **Play a sport**
- **Play with your pet**
- **Practice Duo Lingo**
- **Read a book**
- **Read or write poetry**
- **Ride your bike**
- **Social media**
- **Solitaire with deck of cards**

**Aim to stay within 3-7 range on the hunger/fullness scale!**

- **Stretch**
- **Study at the library**
- **Sudoku**
- **Take a bubble bath**
- **Take a nap**
- **Take a shower**
- **Take the stairs**
- **Talk on the phone**
- **Use a fidget cube or spinner**
- **Use silly putty or play-doh**
- **Volunteer**
- **Walk the dog**
- **Watch YouTube videos**
- **Work on a puzzle (crossword, jigsaw)**
- **Workout**
- **Write a short story**
- **Yoga**