BEEF LOVING TEXANS®
TEXAS BEEF COUNCIL

# LET YOUR BODY LEAD YOU

There is no need to ask which meal is most important, they're all important! In this lesson, have fun learning our body's language for hunger and fullness AND explore the value of meal and snack timing.

**INSTRUCTIONS:**
For 2 days, rate your hunger level before & after you eat using the "Protein Challenge - Basic Hunger/ Satiety Scale" as your guide.

## Protein Challenge - Basic Hunger/Satiety Scale

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|
| Starving and beyond. | You are so hungry you want to order everything on the menu. | Everything on the menu begins to look good. You are focused on eating. | You are hungry and the urge to eat is strong. | A little bit hungry. You can wait to eat, but you will be getting hungrier soon. | Neutral. Not hungry, not full. | No longer hungry. You sense food in your belly, but you could eat more. | Hunger is gone. Stop here and you may not feel hungry again for 3 to 4 hours. | Not uncom-fortable, but definitely have eaten a belly full. | Moving into uncomfort-able. | Extremely full and very uncomfort-able. Tummy may even be painful. |

To use this scale, rate your hunger level before you eat and again when you are finished eating. If you do this each time you eat, you will become more familiar with your eating patterns, especially if you discuss it with another person.

**WORDS OF ADVICE:**
Growing kids should avoid waiting 4-or-more hours before eating a snack or meal.

## DAY 1:

| Time | Pre-meal hunger (rating 0-10) | Meal or Snack Description | Post-meal fullness (rating 0-10) |
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## DAY 2:

| Time | Pre-meal hunger (rating 0-10) | Meal or Snack Description | Post-meal fullness (rating 0-10) |
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