BEEF LOVING TE*ANS

LET YOUR BODY LEAD YOU

TEXAS BEEF COUNCIL

INSTRUCTIONS:

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



Is breakfast really the most important meal of the day?

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

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 uncom- fortable. 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:

Students and athletes should avoid waiting 4-or-more hours before eating a snack or meal.



DAY 1:

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

DAY 2:

	Time	Pre-meal hunger (rate 0-10)	Meal or Snack Description	fullness (rate 0-10)
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