

Am I Full?

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners

How do you know when you are full?

Listen to your body!

Did you know that it takes at least 20 minutes after you start eating for your stomach to transmit signals to your brain that you are full? Therefore, it is important to eat slowly and until your body feels comfortably satisfied.

After meals, try and wait at least 15-20 minutes before helping yourself to another serving of food. Some people, especially those who are active, may need more food to feel satisfied.

If you are still hungry after your meal, try choosing a fruit or a vegetable. Fruits and vegetables are loaded with vitamins and minerals and can fill you up without adding a lot of calories.

Hunger Scale: Try and eat when you are at a level 2, but stop before you get to a level 4.

QUICK TIPS

Still hungry after a meal? Try having fruit or a vegetable.



Why?

- They're loaded with vitamins and minerals.
- They fill you up without adding a lot of calories.

Hunger Scale

Try and eat when you are at a level 2, but stop before you get to a level 4.



Notes:

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Hunger Scale

Try and eat when you are at a level 2, but stop before you get to a level 4.



Use the Hunger Scale to rate your hunger at each meal:

MON Breakfast _____ Lunch _____ Dinner _____	MON Breakfast _____ Lunch _____ Dinner _____	MON Breakfast _____ Lunch _____ Dinner _____	MON Breakfast _____ Lunch _____ Dinner _____
TUE Breakfast _____ Lunch _____ Dinner _____	TUE Breakfast _____ Lunch _____ Dinner _____	TUE Breakfast _____ Lunch _____ Dinner _____	TUE Breakfast _____ Lunch _____ Dinner _____
WED Breakfast _____ Lunch _____ Dinner _____	WED Breakfast _____ Lunch _____ Dinner _____	WED Breakfast _____ Lunch _____ Dinner _____	WED Breakfast _____ Lunch _____ Dinner _____
THU Breakfast _____ Lunch _____ Dinner _____	THU Breakfast _____ Lunch _____ Dinner _____	THU Breakfast _____ Lunch _____ Dinner _____	THU Breakfast _____ Lunch _____ Dinner _____
FRI Breakfast _____ Lunch _____ Dinner _____	FRI Breakfast _____ Lunch _____ Dinner _____	FRI Breakfast _____ Lunch _____ Dinner _____	FRI Breakfast _____ Lunch _____ Dinner _____
SAT Breakfast _____ Lunch _____ Dinner _____	SAT Breakfast _____ Lunch _____ Dinner _____	SAT Breakfast _____ Lunch _____ Dinner _____	SAT Breakfast _____ Lunch _____ Dinner _____
SUN Breakfast _____ Lunch _____ Dinner _____	SUN Breakfast _____ Lunch _____ Dinner _____	SUN Breakfast _____ Lunch _____ Dinner _____	SUN Breakfast _____ Lunch _____ Dinner _____

Notes:



Customer Service: **1-800-347-9363 MO; 1-877-347-9363 KS**
Nurse Advice Line: **1-800-347-9369 24 hours a day**

This information is educational in nature and can be used as guide. However, it is not intended to replace a doctor's medical direction. If you have questions or concerns, talk to your doctor or healthcare provider.

Children's Mercy Hospitals and Clinics, Departments of Health Management & Nutrition Services, Healthy Lifestyle Team

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