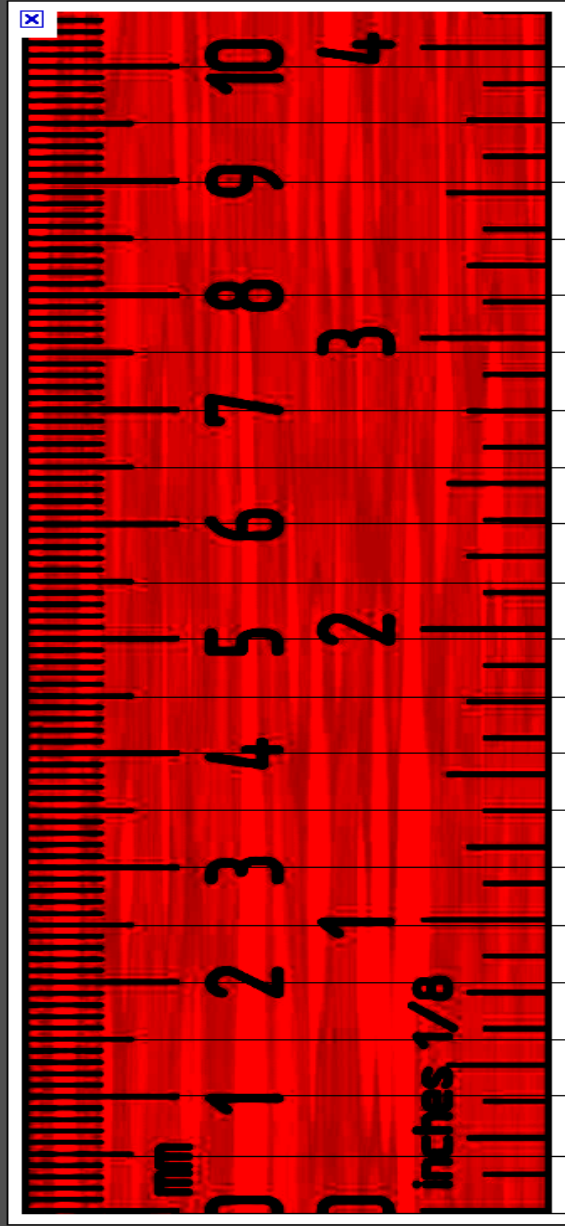


The Satiety Ruler

1. To understand hunger, mechanical eating that follows the principles of healthy eating must be in place. This means a incorporating a balanced diet with lots of variety, consuming meals or snacks every 3-4 hours and ensuring adequate portion sizes. Mechanical eating is essentially eating from a meal plan to ensure these key principles are adhered to.
2. Take note of feelings and sensations experienced before/ after meals to compile or annotate a “satiety ruler”. This is a detailed account of the individual experience of hunger. Completing an “Intuitive Eating Diary” can also assist with this.



	stuffed
	satisfied
	neutral
	hungry
	famished