

FUEL YOUR BODY!

Food is fuel. Just like a car needs gas to work, our bodies need food to think, feel, and act our best.

To help us be more mindful and intentional about how and when we fuel our bodies, we can look at the Hunger Fullness Scale. We feel our best when we avoid going too low or high on the Hunger Fullness Scale. YOU are the one that gets to decide when and what you eat based on the signals your body is giving you.

	1	PAINFULLY HUNGRY	1
Overly hungry	2	"HANGRY", MOODY, EMPTY STOMACH	2
	3	HUNGRY, STOMACH GROWLING, READY TO EAT	3
.....			
Starting to notice hunger	4	FIRST SIGNS OF HUNGER, "I COULD EAT"	4
	5	NEUTRAL, NOT HUNGRY OR FULL	5
Starting to notice fullness	6	MILD FULLNESS, BEGINNING TO FEEL FULL	6
	7	COMFORTABLE, FULLNESS, SATISFIED	7
.....			
Overly full	8	VERY FULL, SLIGHTLY COMFORTABLE	8
	9	STUFFED, CLOTHING FEELS TIGHT	9
	10	PAINFULLY FULL, SICK FEELING	10

If you or someone you know needs more support, help with a crisis, and/or access to food, contact 2-1-1 (800-362-8255) or see the *Red Light Skills* sheet to help you find your own local resources.

REFLECT:

1. Right before you start eating a meal today, check-in and RATE where you are on the Hunger Fullness Scale: _____
2. After you are halfway through your meal, check-in again and RATE where you are on the Hunger Fullness Scale: _____
3. Lastly, when you are finished eating, check-in one last time and RATE where you are on the Hunger Fullness Scale: _____
4. Sometimes we eat when we are not hungry, like when we are bored, sad, or angry. Reflect on your own eating. Are there times that you do that? Check all of the emotions that might cause you to eat when you are not hungry.
 Bored Angry Stressed
 Frustrated Tired Lonely
 Fearful Sad Other? _____
5. Instead of eating when you are not actually hungry, check the activities that you might want to try:
 Take a deep breath Drink some water Take a walk
 Talk to someone Do a different activity that you enjoy
 Other? _____

Refer to the *Yellow Light Skills* for ideas.

6. Write yourself a supportive statement:

CHALLENGE:

SHARE ABOUT THE HUNGER FULLNESS SCALE WITH SOMEONE YOU TRUST OR WITH SOMEONE YOU ARE EATING WITH.

1

2

3

4

5

6

7

8

9

10

Eating a rainbow of fruits and veggies can help fuel your body and your mind!

ORANGE & YELLOW

- Healthy immune system
- Healthy heart
- Healthy eyesight

WHITE & BROWN

- Prevent cancer
- Strong bones
- Healthy heart

RED

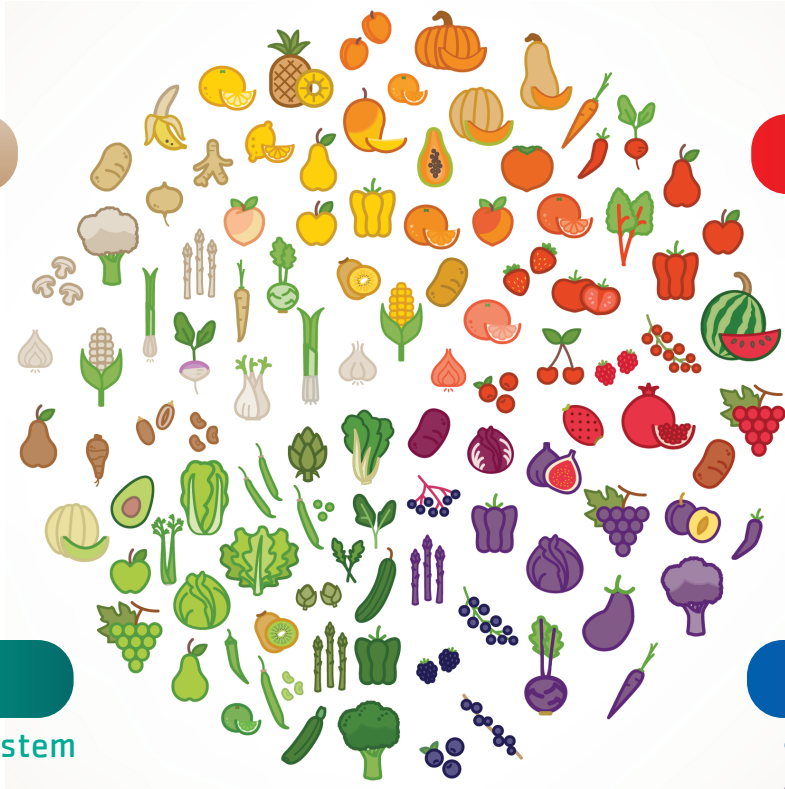
- Healthy heart
- Prevent cancer
- Lower blood pressure
- Protect skin

GREEN

- Healthy immune system
- Strong bones
- Healthy digestion
- Boost energy

BLUE & PURPLE

- Prevent cancer
- Good memory
- Healthy heart



REFLECT:

1. What fruits and veggies do you tend to eat the most?
2. What colors are they?
3. What parts of your health do you want to strengthen? What color of veggies and fruits can help with that?