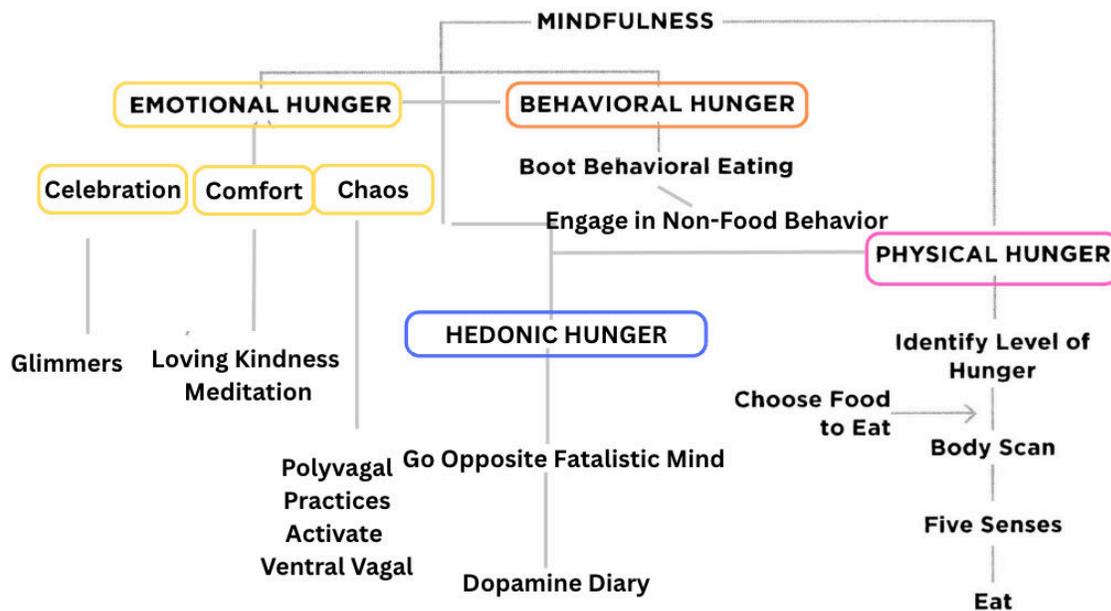




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WHOLE NUTRITION SERVICES + YOGA

The Hunger Tree

A flowchart for dealing with different hunger types



Hunger/Fullness Scale

0	1	2	3	4	5	6	7	8	9	10
Starving	Hangry	Very Hungry	Hungry	Almost Hungry	Neutral	Almost Full	Full	Overate	Overfull	Stuffed