<b>Hunger and Satiety Visual Analogue Scale</b>	s (VAS)
Date:	Participant #:
Please place a vertical line on each of the s right now.	scales below to illustrate how hungry or full you are
(1) How strong is your desire to eat?	
very weak	very strong
(2) How hungry do you feel?	
not hungry at all	as hungry as I have ever felt
(3) How full do you feel?	
not full at all	totally full
(4) How satisfied do you feel?	
completely empty	cannot eat another bite
(5) How much do you think you could eat r	ight now?
<del>                                     </del>	
not at all	a large amount