

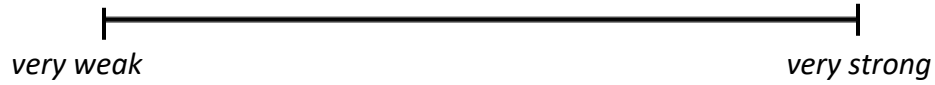
Hunger and Satiety Visual Analogue Scales (VAS)

Date: _____

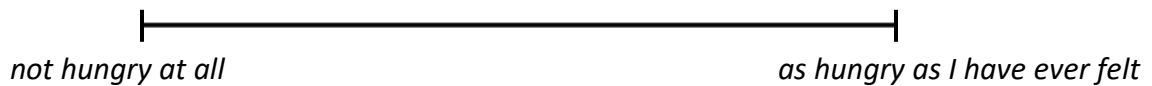
Participant #: _____

Please place a vertical line on each of the scales below to illustrate how hungry or full you are right now.

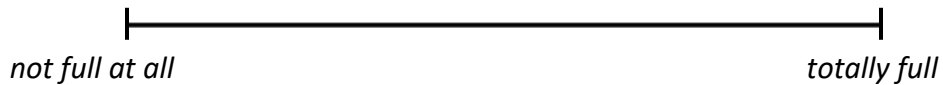
(1) How strong is your desire to eat?



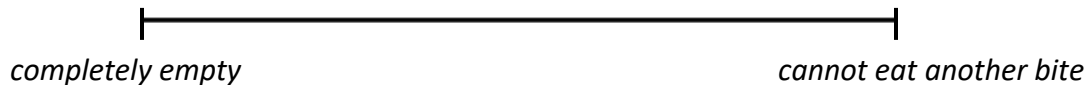
(2) How hungry do you feel?



(3) How full do you feel?



(4) How satisfied do you feel?



(5) How much do you think you could eat right now?

