

[View this email in your browser](#)



March 2026

Use of a hunger/fullness scale is widely considered a staple of relearning intuitive eating, but some people caution against it for valid reasons. This month, I take a look at hunger/fullness scales and try to answer the question: Are they helpful or counterproductive?

Thanks,
Jonah

Hunger/Fullness Scales: Helpful or Counterproductive?

We could say that someone is of great or more than average height especially relative to their width, but isn't it just easier to say that they are tall? [Read More](#)



Soolman Nutrition LLC | 36 Bonwood Road | Needham, MA 02492 USA
info@soolmannutrition.com | soolmannutrition.com

Copyright (C) 2026 All Rights Reserved

[Update Your Preferences](#) | [Unsubscribe](#)