



## Mindful Eating

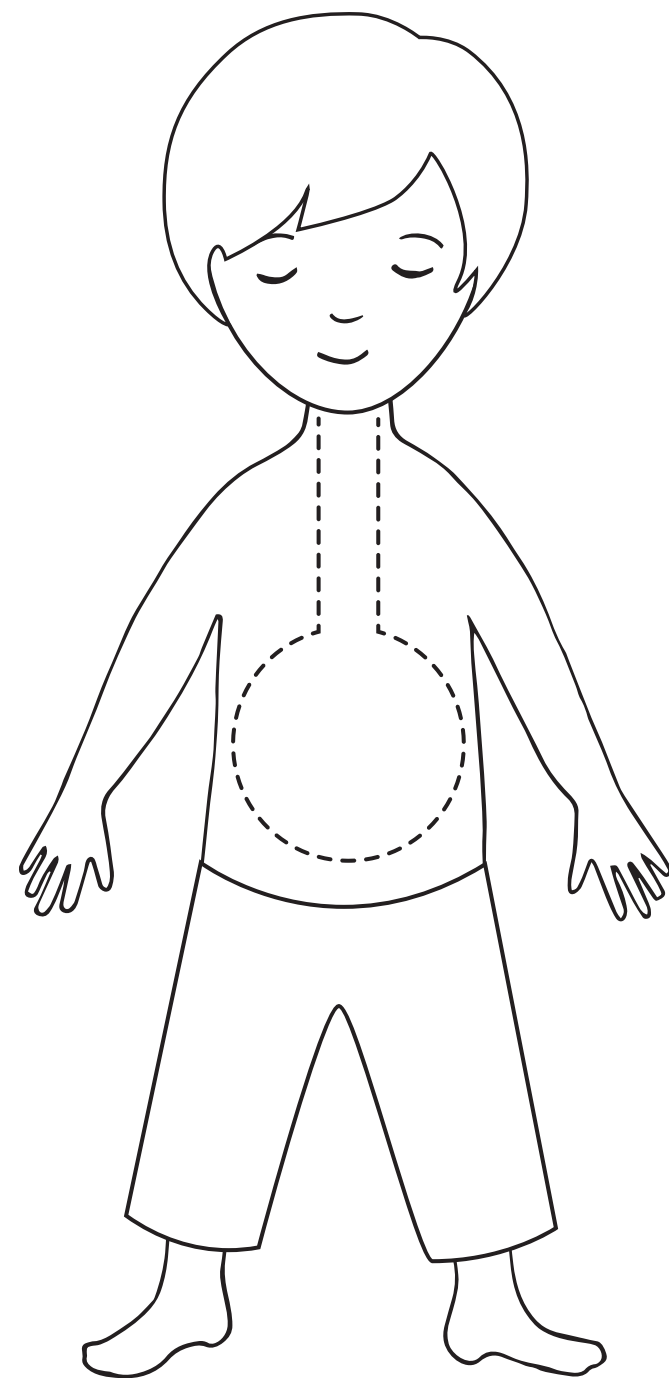
PSYCHODIETETIC PROGRAMME

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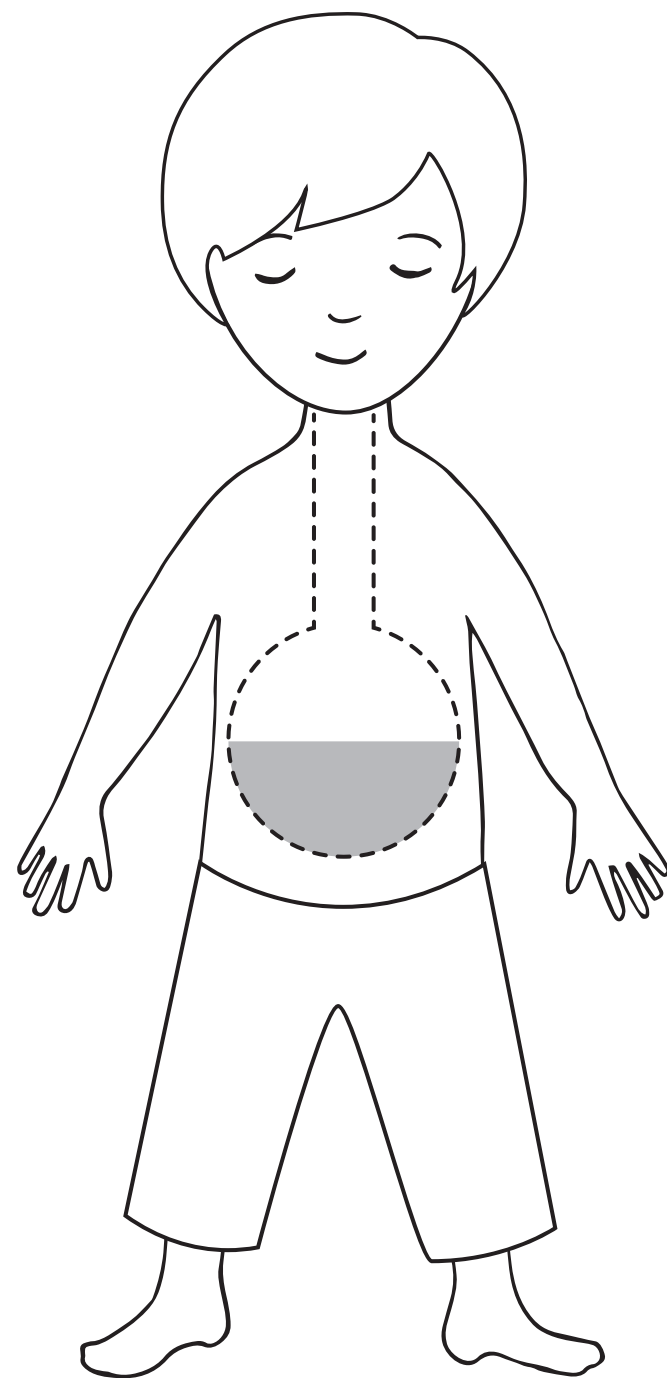
# How does your tummy feel?

My tummy  
is empty.



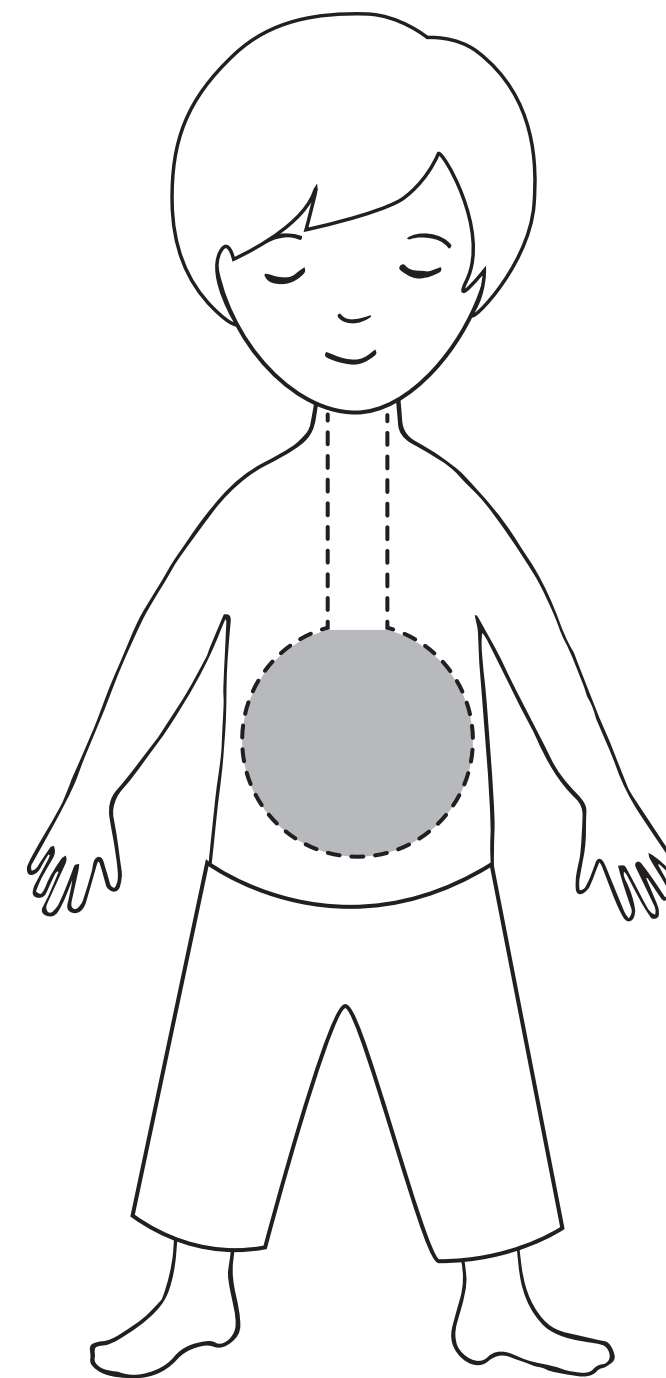
I'm hungry.

My tummy  
is half full.



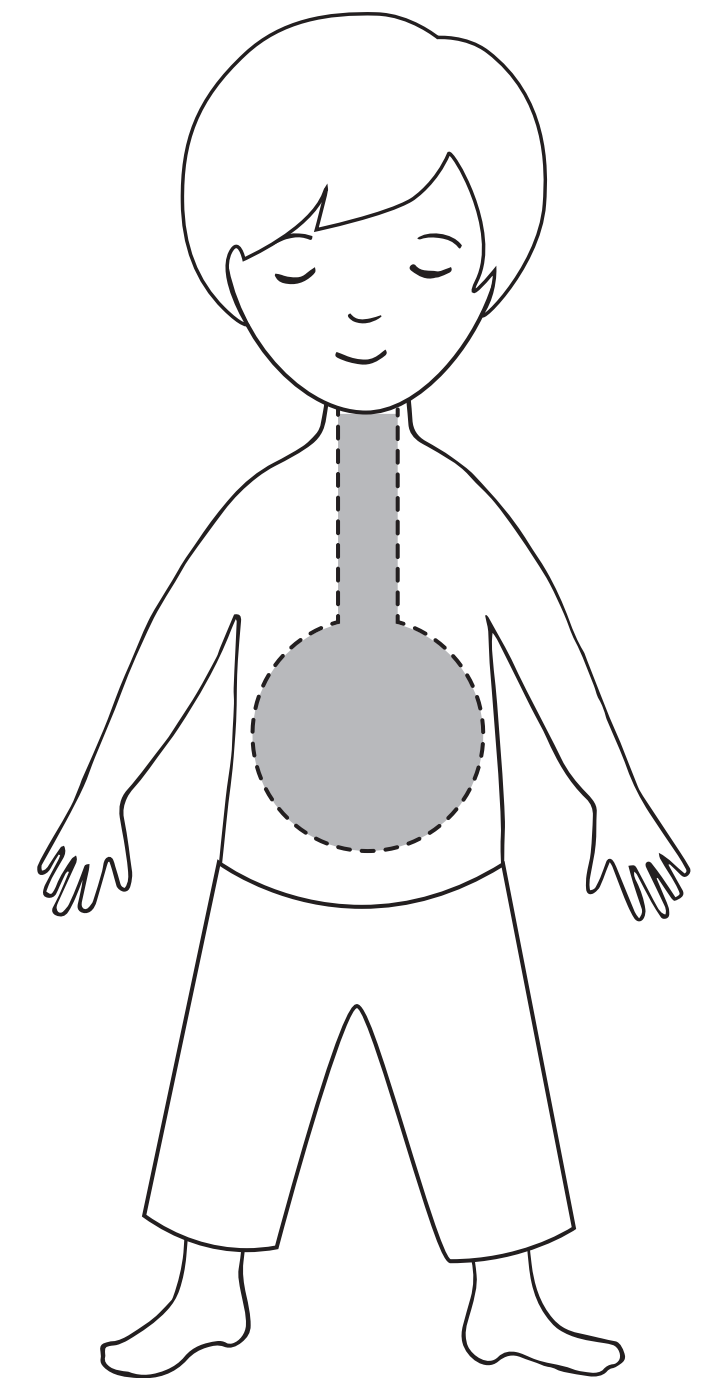
I'm half full.

My tummy  
is full.



I'm full.

My tummy  
is too full.



I'm too full.



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