



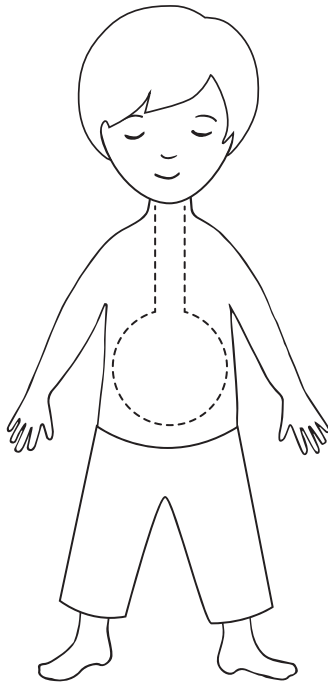
Mindful Eating
PSYCHODIETETIC PROGRAMME

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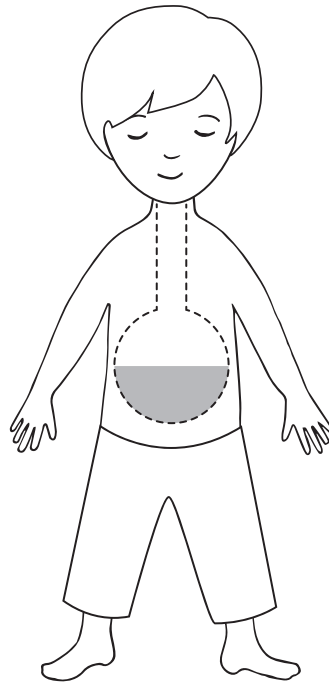
How does your tummy feel?

My tummy
is empty.



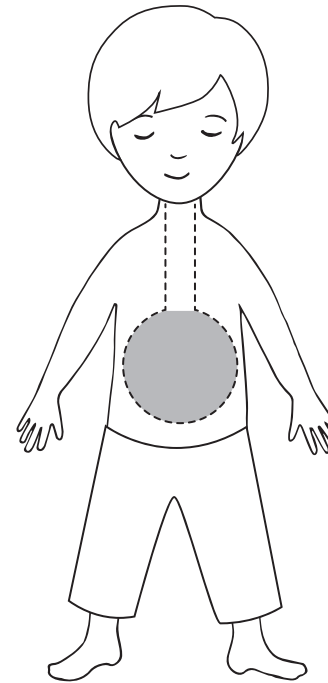
I'm hungry.

My tummy
is half full.



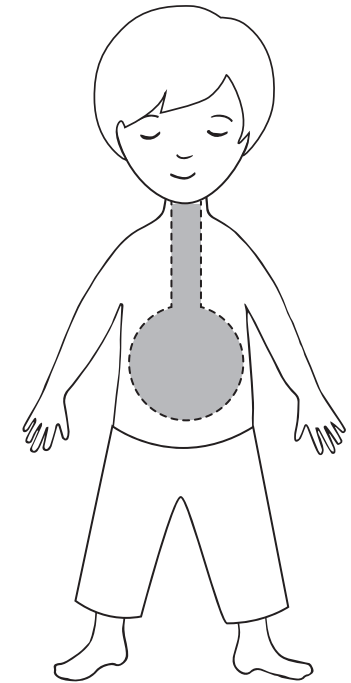
I'm half full.

My tummy
is full.



I'm full.

My tummy
is too full.



I'm too full.



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