



Mindful Eating

PSYCHODIETETIC PROGRAMME

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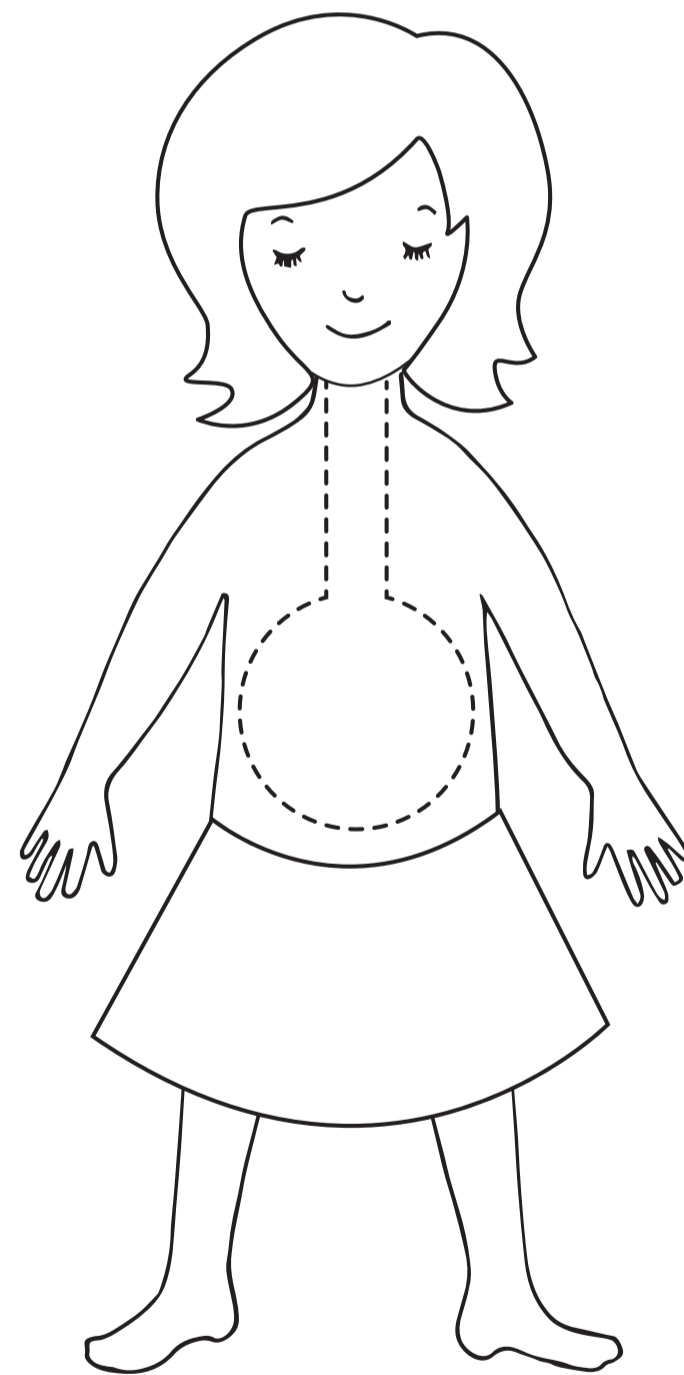
How does your tummy feel?

My tummy is empty.

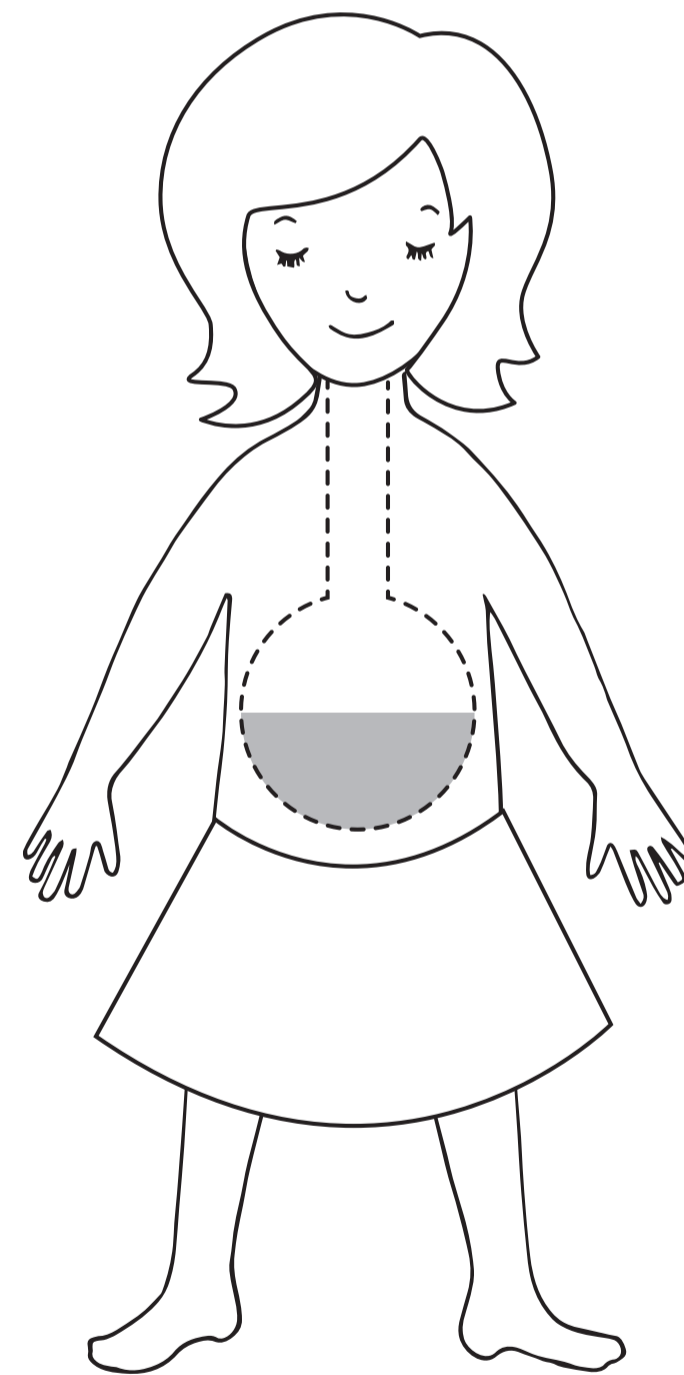
My tummy is half full.

My tummy is full.

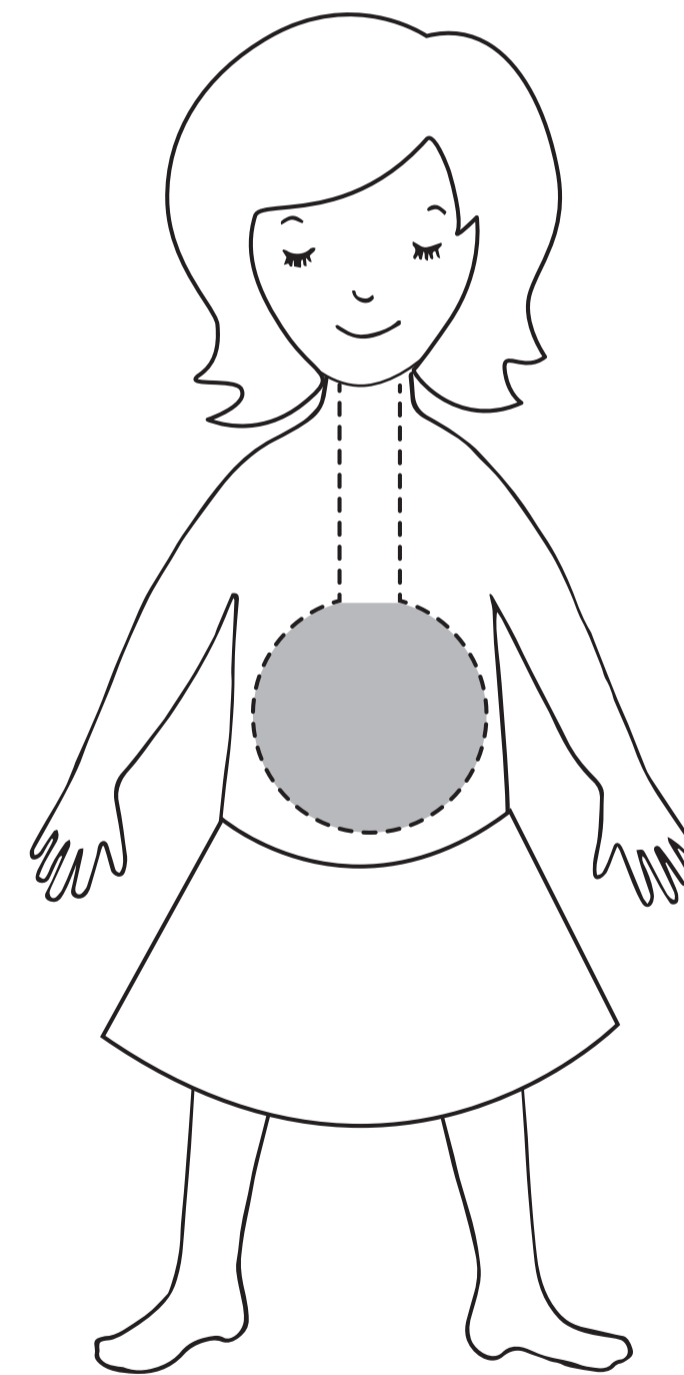
My tummy is too full.



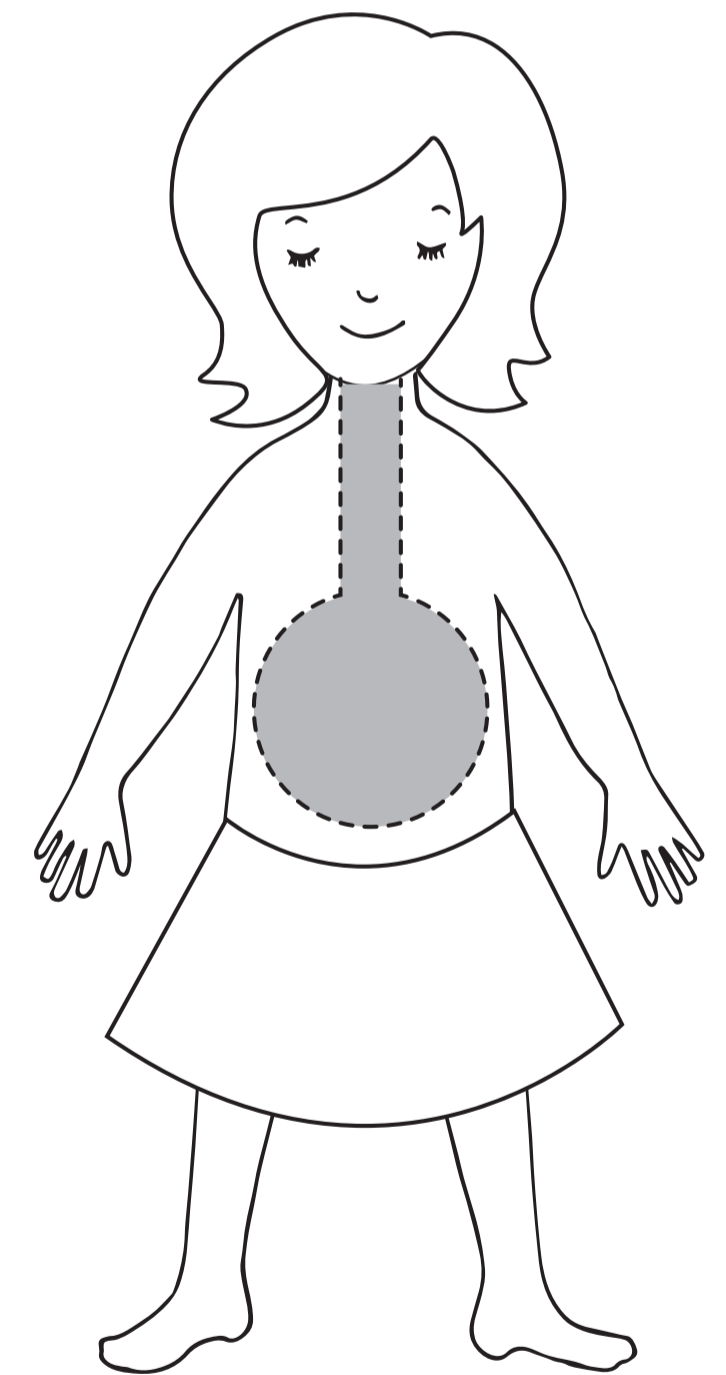
I'm hungry.



I'm half full.



I'm full.



I'm too full.



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