



Mindful Eating

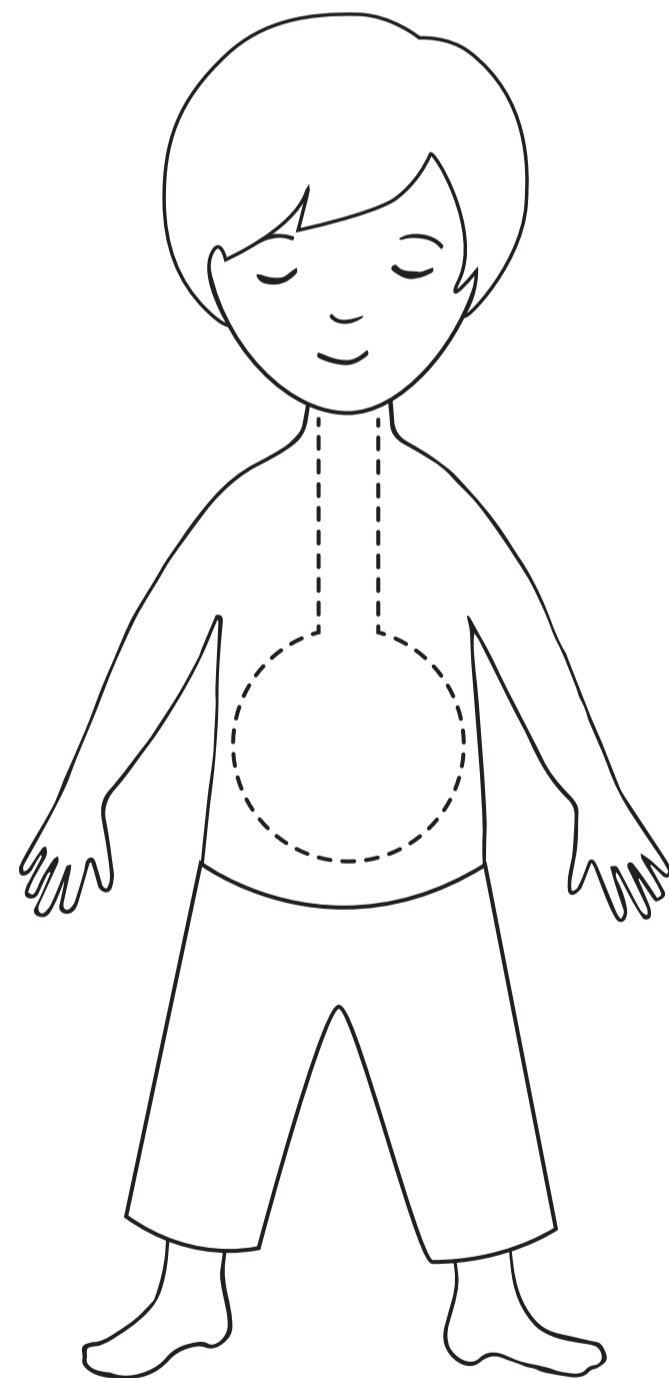
PSYCHODIETETIC PROGRAMME

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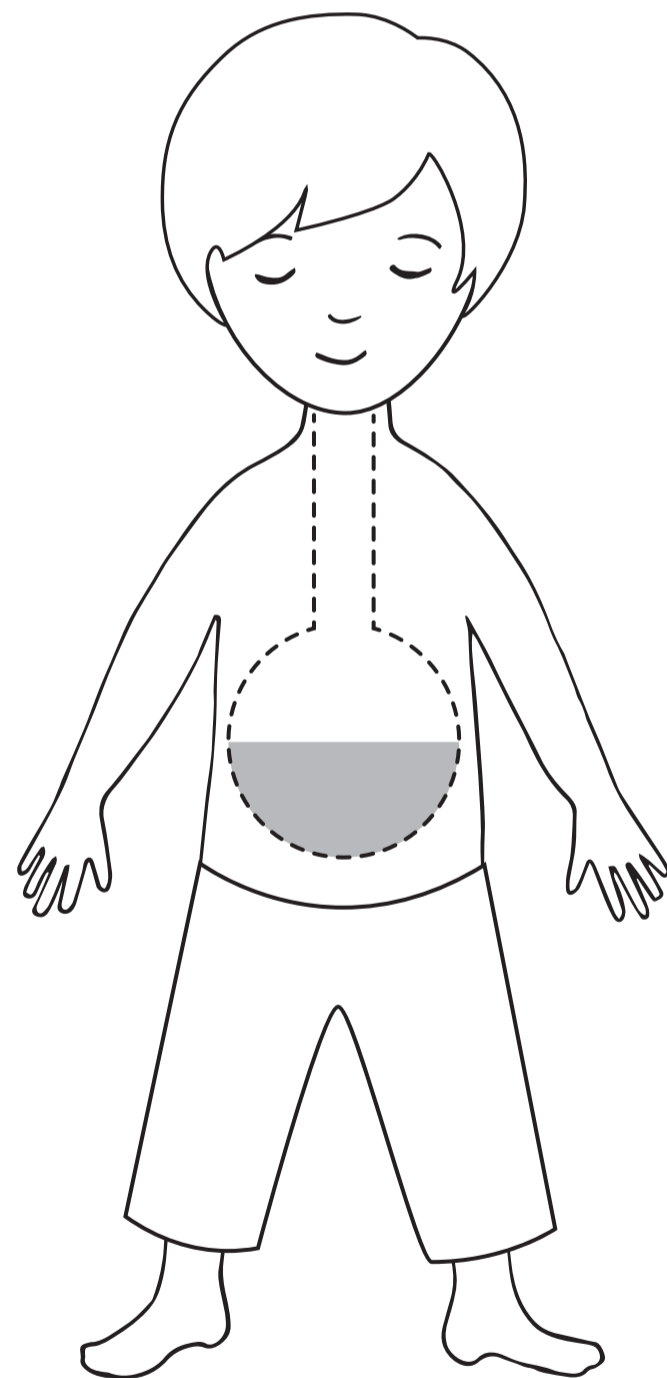
How does your tummy feel?

My tummy
is empty.



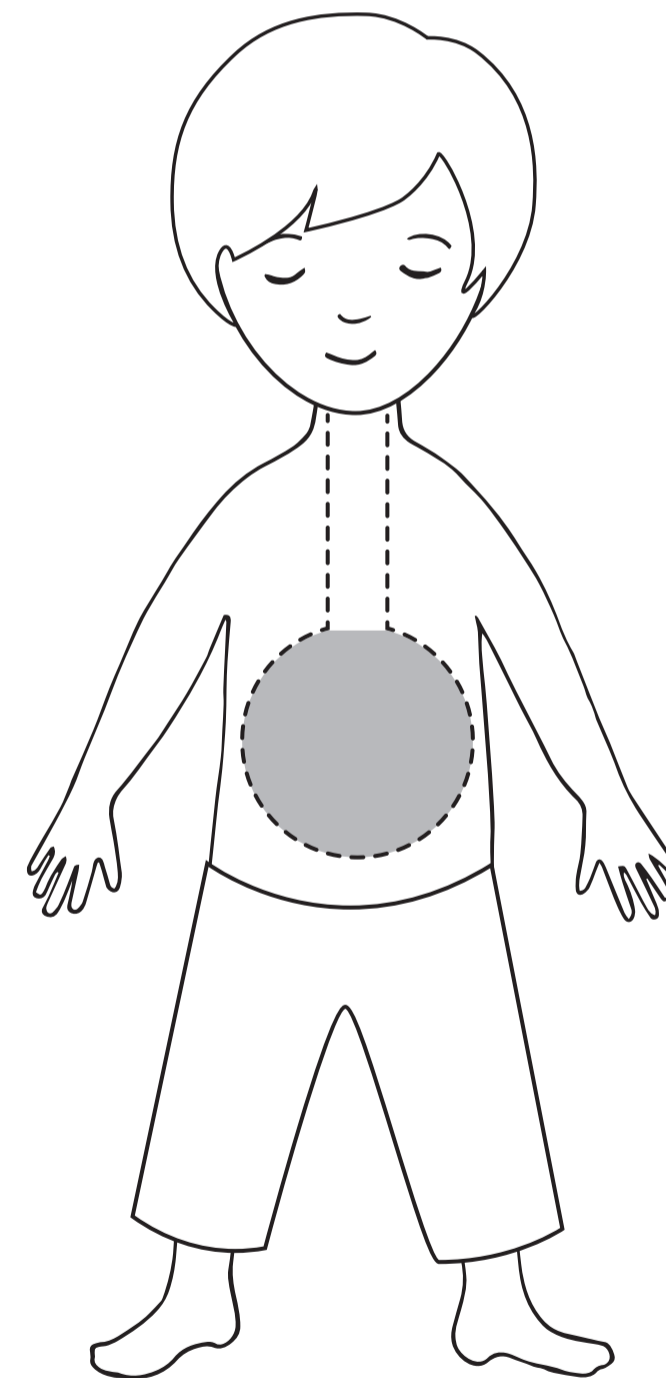
I'm hungry.

My tummy
is half full.



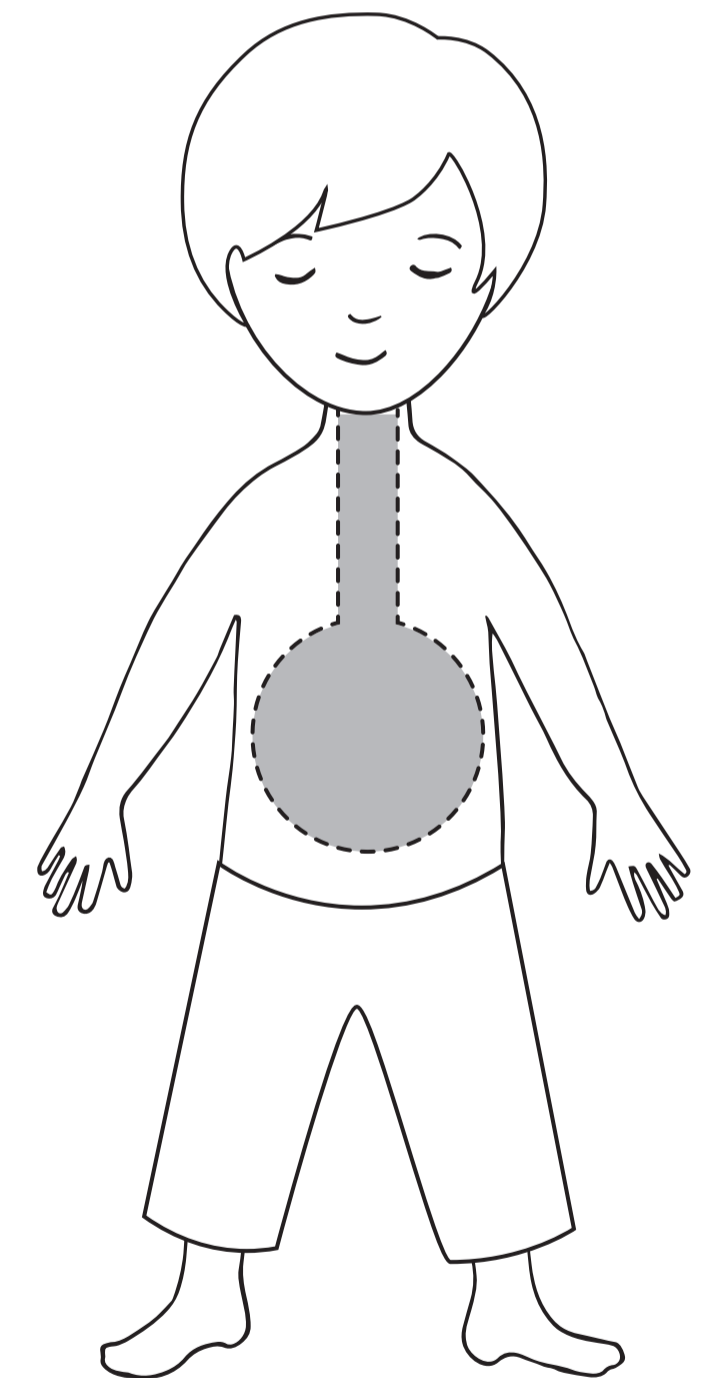
I'm half full.

My tummy
is full.



I'm full.

My tummy
is too full.



I'm too full.



This activity has received funding from EIT Food, the innovation community on Food of the European Institute of Innovation and Technology (EIT), a body of the EU, under the Horizon 2020, the EU Framework Programme for Research and Innovation



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