



## Mindful Eating

PSYCHODIETETIC PROGRAMME

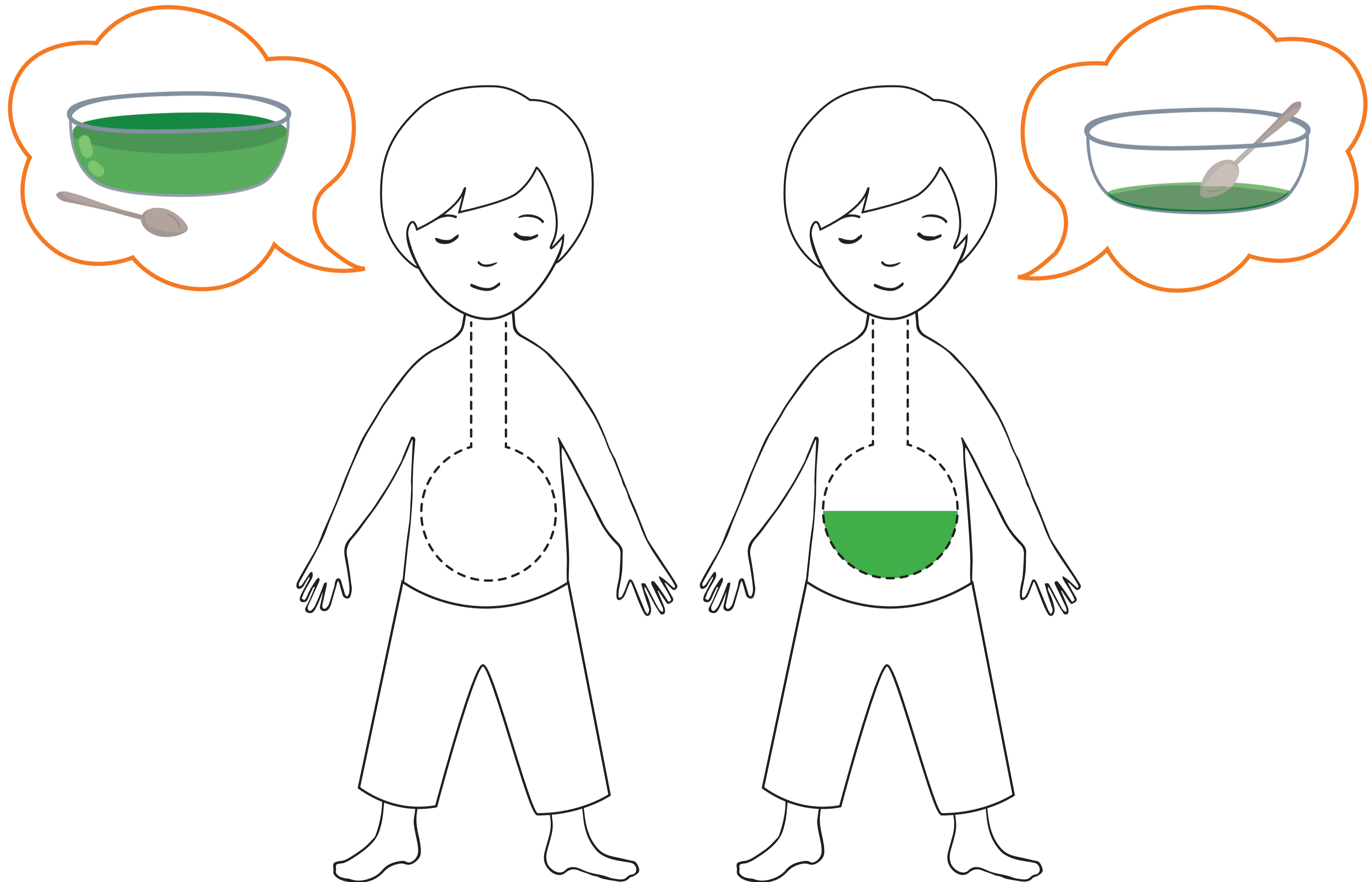
### Authors:

Katarzyna Wojtkowska  
Julia Barlińska

### Adapted by:

Kate Harvey  
Sarah Snuggs

# When to start and when to stop eating?



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

