



## Mindful Eating

PSYCHODIETETIC PROGRAMME

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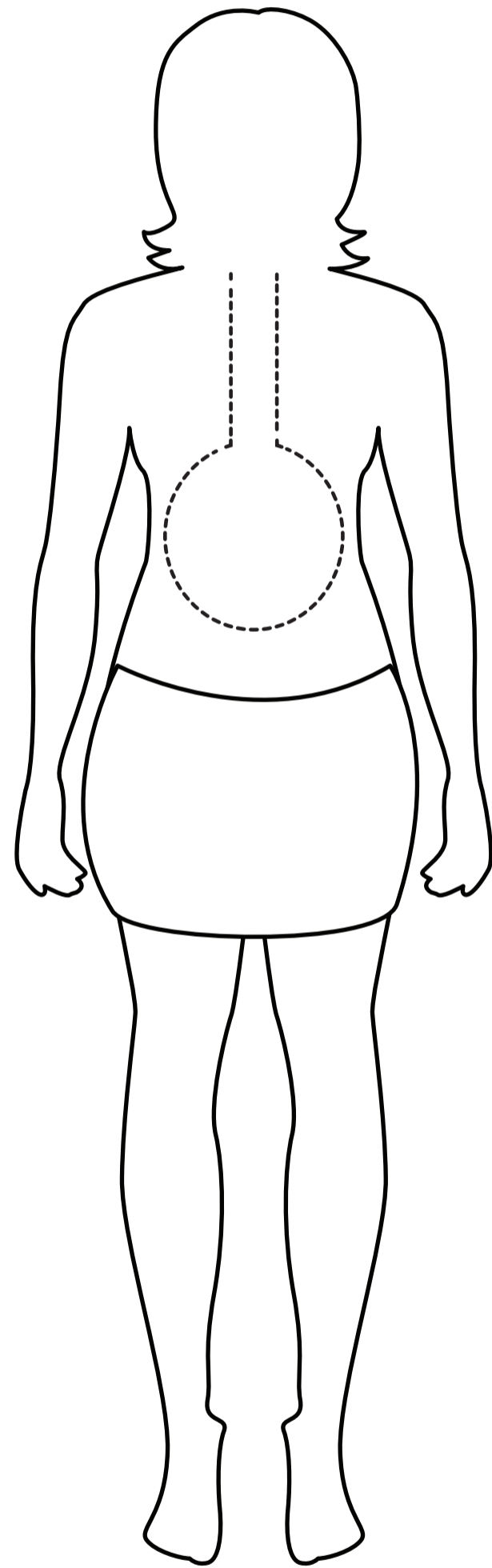
This activity has received funding from EIT Food, the innovation community on Food of the European Institute of Innovation and Technology (EIT), a body of the EU, under the Horizon 2020, the EU Framework Programme for Research and Innovation



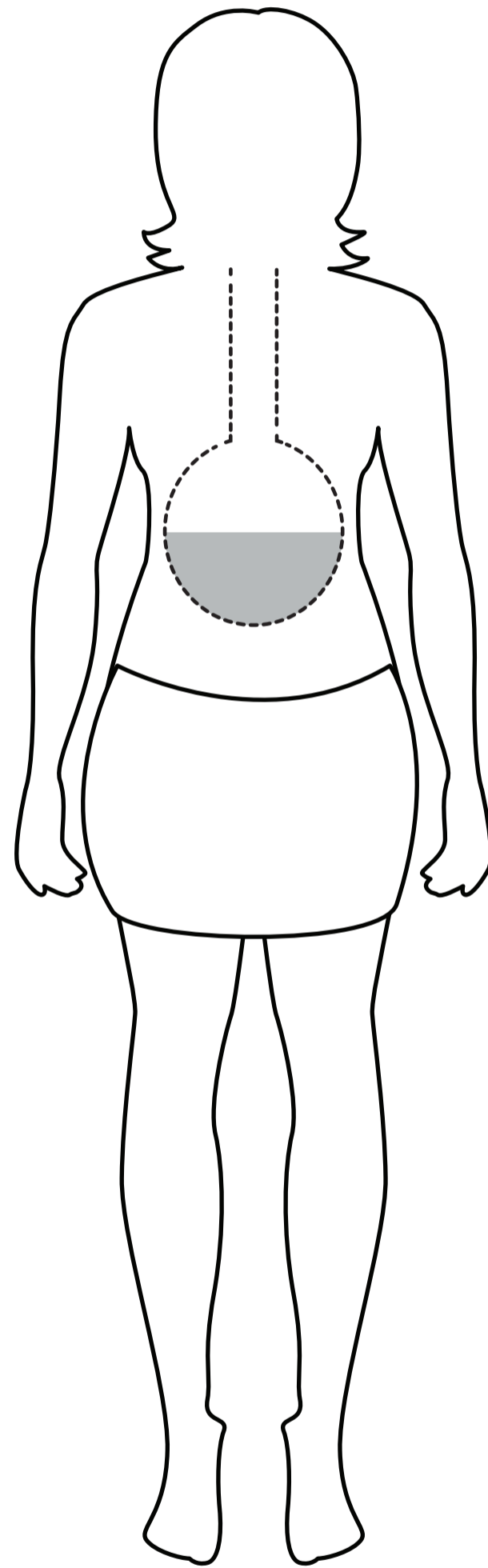
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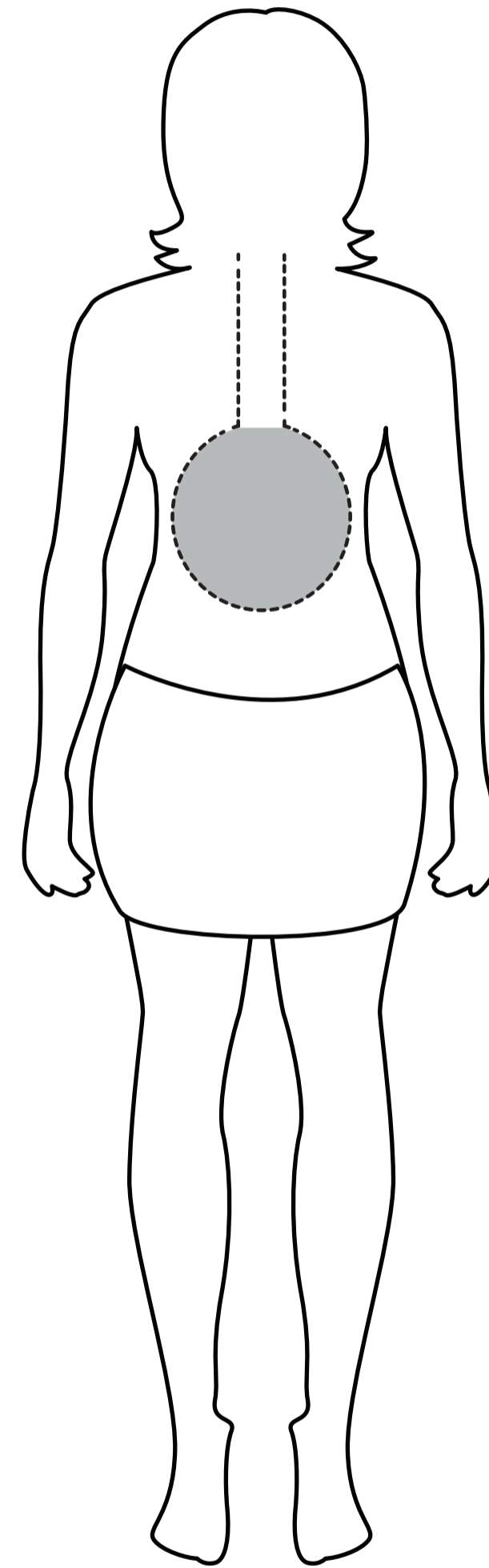
# How do you feel?



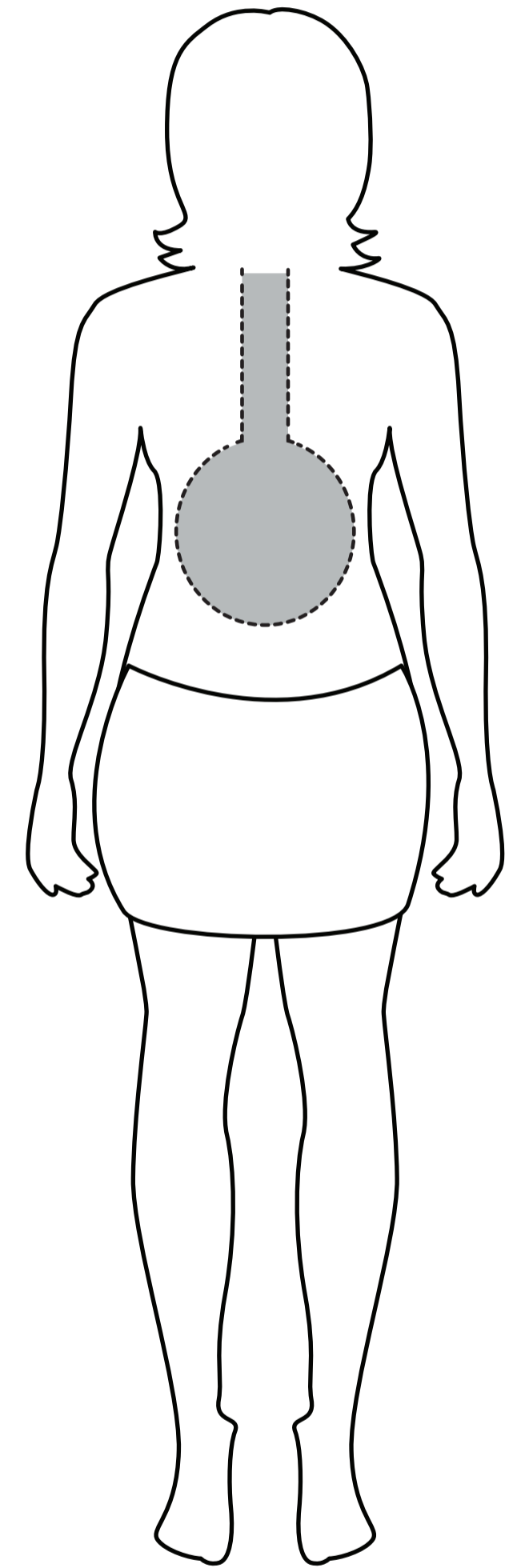
I'm hungry.



I'm half full.



I'm full.



I'm too full.