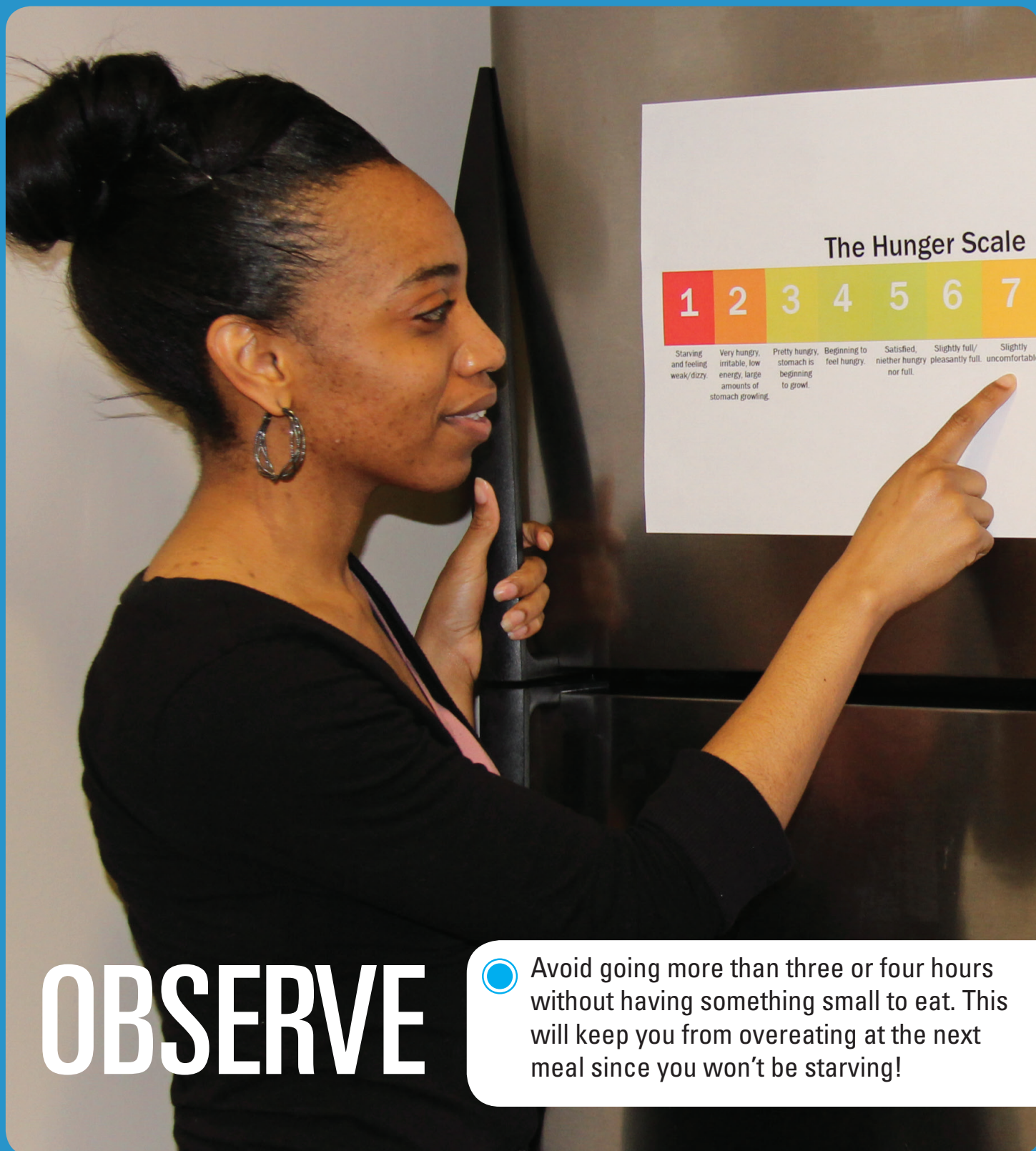


NUTRITION - MINDFUL EATING

● THE EASIER WAY TO EAT HEALTHFULLY IN COLLEGE! ●



The Hunger Scale

1	2	3	4	5	6	7
Starving and feeling weak/dizzy.	Very hungry, irritable, low energy, large amounts of stomach growling.	Pretty hungry, stomach is beginning to growl.	Beginning to feel hungry.	Satisfied, neither hungry nor full.	Slightly full/pleasantly full.	Slightly uncomfortable

OBSERVE

● Avoid going more than three or four hours without having something small to eat. This will keep you from overeating at the next meal since you won't be starving!