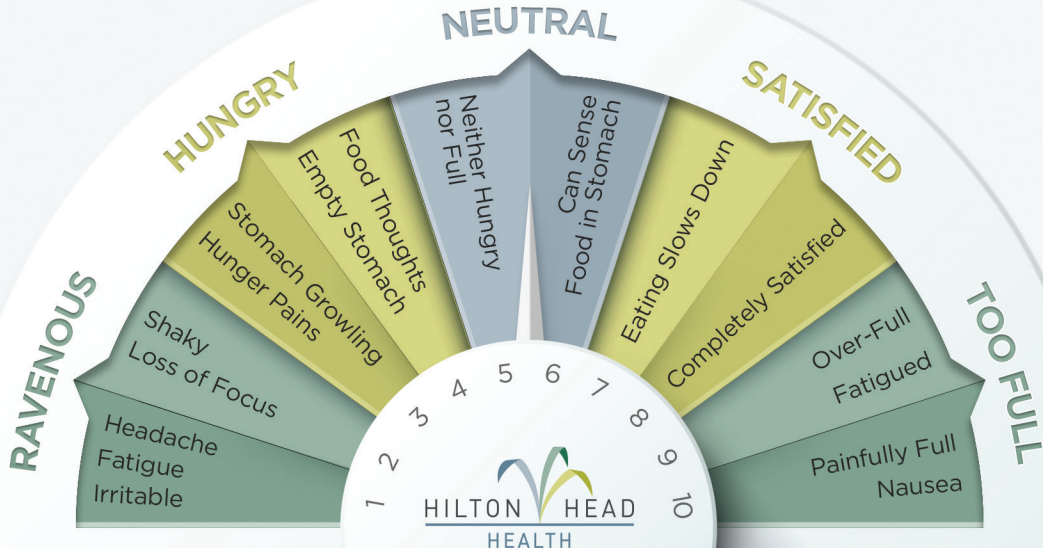


H3 Hunger / Satisfaction Scale





Mindful Eating

BEFORE EATING:

- Rate your appetite according to the hunger/satisfaction scale.
- Notice the portions, appearance, and aroma of your meal.

DURING EATING:

- Notice the taste, and texture of the food as you eat.
- Notice the pace of your eating –is it slow, moderate or fast?
- Notice how thoroughly you are chewing before swallowing each bite of food.
- Try to notice the ‘pause’ or slowing down of your eating pace indicating hunger satisfaction.

AFTER EATING:

- Rate your appetite according to the hunger/satisfaction scale.

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