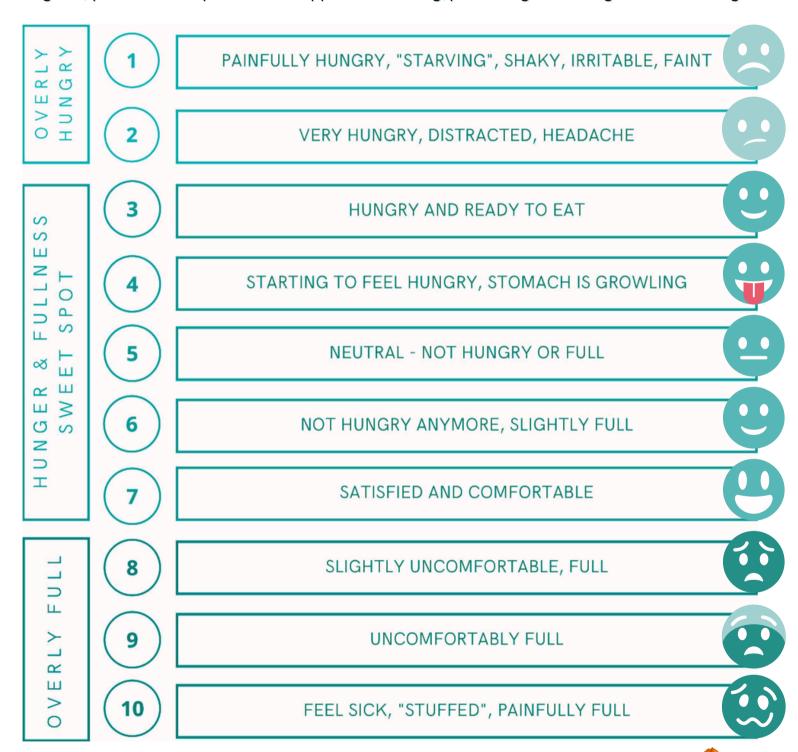
## The Hunger Fullness Scale

This tool helps you recognize your body's cues for eating and stopping. By tuning into these signals, you can develop a balanced approach to eating, preventing overeating and undereating.



## Tips for Mindful Eating:

- Aim to eat when you are between a 3 and 4 on the scale.
- Stop eating when you reach a 6 or 7 to avoid overeating.
- Eat slowly and check in with your hunger/fullness level throughout your meal.
- Avoid distractions (like TV or phones) while eating to better recognize your body's signals.