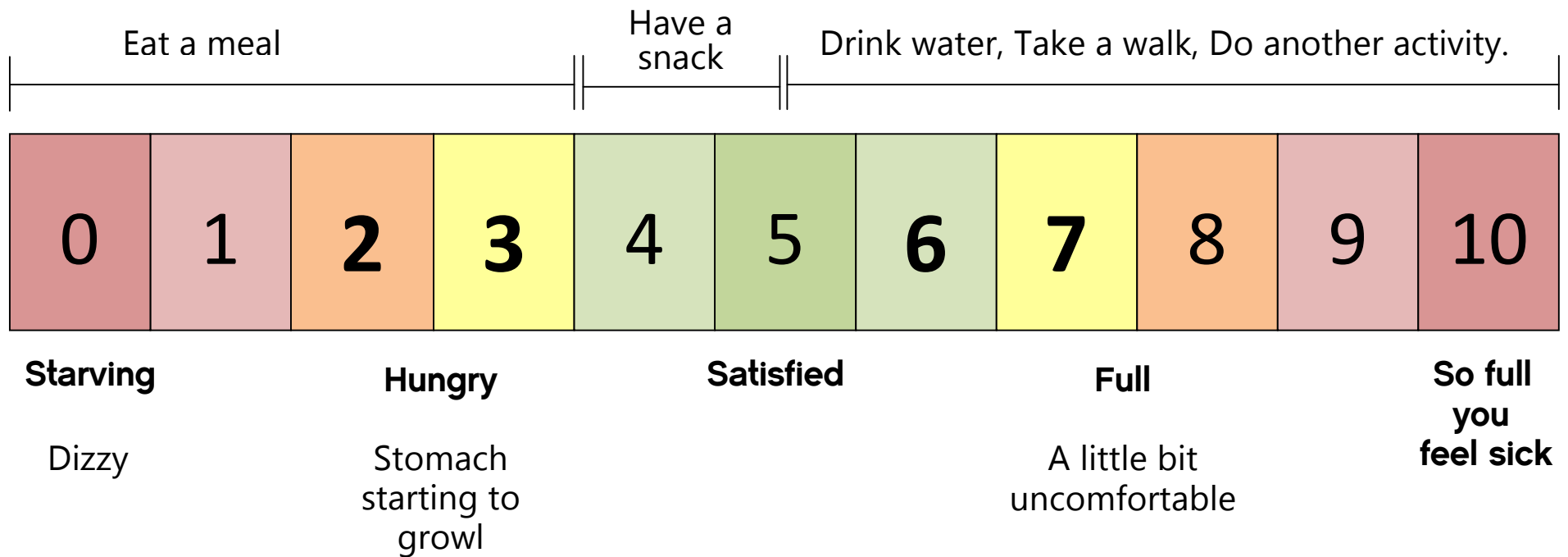


# The Hunger Scale



## Tips for Eating:

- Eat slowly. Chew 10-15 times before you swallow and put down your fork between bites.
- Start eating when you are around numbers 2-3. Stop eating around numbers 6-7.