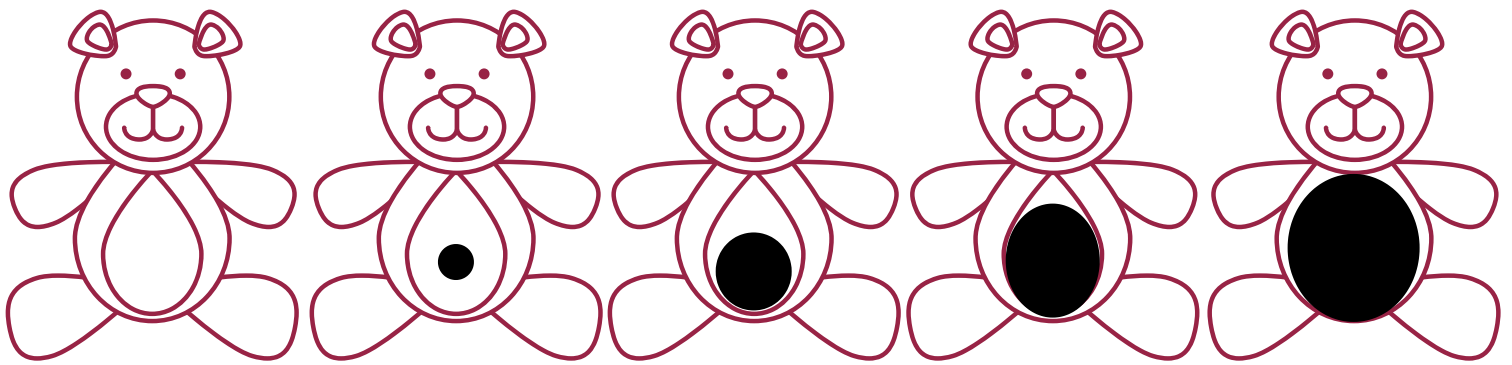


PREVENT OVEREATING

TEACH HUNGER AND FULLNESS

Ask, “which bear’s tummy is full?”
“Which does your tummy feel like?”



I’m
REALLY
hungry!
My tummy
is
rumbling.

I’m quite
hungry
and my
tummy is
a little
empty.

I feel
just
right.
Not too
hungry
or too
full.

I’m full,
but
there’s a
little bit
of room
left in
my
tummy.

My
tummy
is **SO** full
and I
cannot
eat any
more
food!