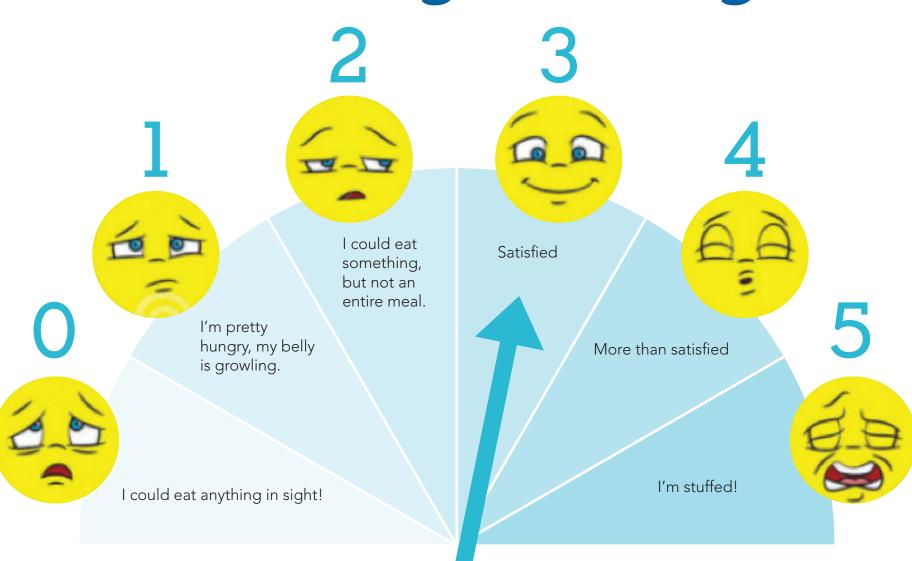
The Hunger Gauge



Adapted from: http://www.movenourishbelieve.com/believe/8-simple-ways-to-eat-more-mindfully/