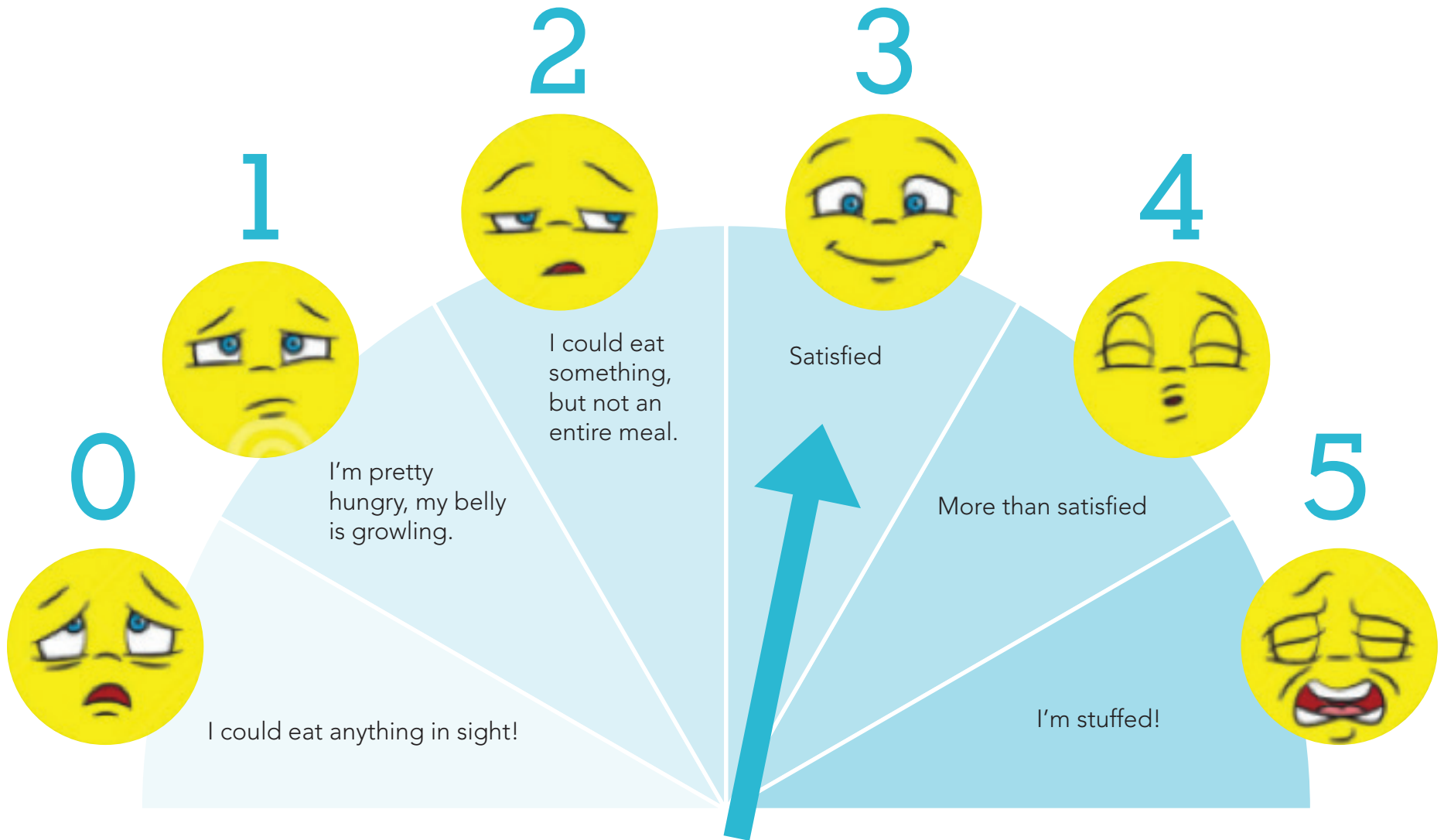


The Hunger Gauge



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

Beach Cities Health District LiveWell Kids