EATING FOR SATIETY AND HEALTH

HOW?
Be MINDFUL

Eat WHEN HUNGRY
Stop WHEN SATISFIED

WHAT?
SATIATING MEALS

positively impact
APPETITE + METABOLIC
CONTROL

VIA

Calories & Nutrients per Serving
↓
↑

Glycemic Index
↓

Dietary Fibre
↑

Protein, polyunsaturated fats, vitamins, minerals, spices

WHAT?

to improve

METABOLIC

PHYSICAL

HEALTH

SOCIAL

MENTAL

Sources
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