AM I FULL OR AM I SATISFIED?

Do meals/snacks leave you feeling like THIS?

Uncomfortable
Overly full
Tired

Or

Do meals/snacks leave you feeling like THIS?

Happy
Energetic
Satisfied

Try eating slowly, enjoying meals/snacks with friends and family, and not using technology during meals/snacks.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider. Created by UConn Dietetics student Amanda Koss.