



As you eat, do you pay attention to changes in how full you feel?

Place an "x" by the statement that best describes your response:

Most of the time I...

___ Notice when I feel full and stop eating even if there is food on my plate.

___ Don't notice whether I'm full or not; I just eat what is on my plate.

Paying attention to **how full you feel** helps guide **SMART** serving sizes!

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