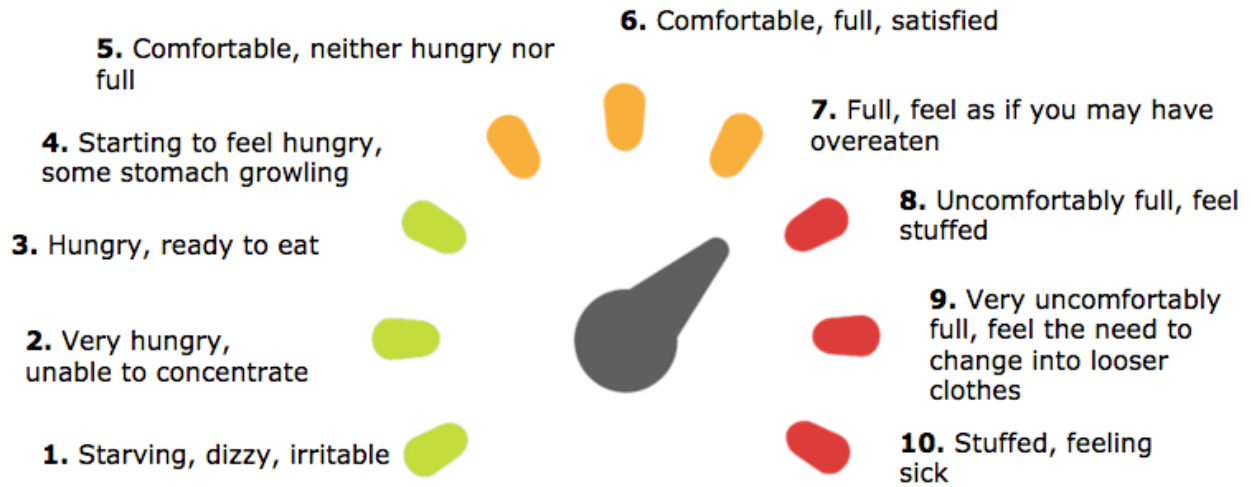




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Hunger Scale

Additional Resources:

- Intuitive Eating. A text by two Registered Dietitians (RD's) by the name of Evelyn Tribole and Elyse Resch. From this book, you will learn *How to reject the diet mentality forever, How our three Eating Personalities define our eating difficulties, and How to honor hunger and feel fullness.*
- Creating a Healthy Relationship with Food, Mind & Body www.intuitiveeating.org. A website created by the authors of the text, Intuitive Eating where you can find additional resources on the topic.
- UCLA Mindful Awareness Research Center, Free Guided Meditations <http://marc.ucla.edu/body.cfm?id=22>. A website where you can find a number of audio guided meditations in both English and Spanish. Topics include, breathing meditation, meditation for working with difficulties, basic meditation, etc.
- Eating Meditation. <https://www.youtube.com/watch?v=IaEeXsDEwEo>. A audio guided meditation to mindful eating.