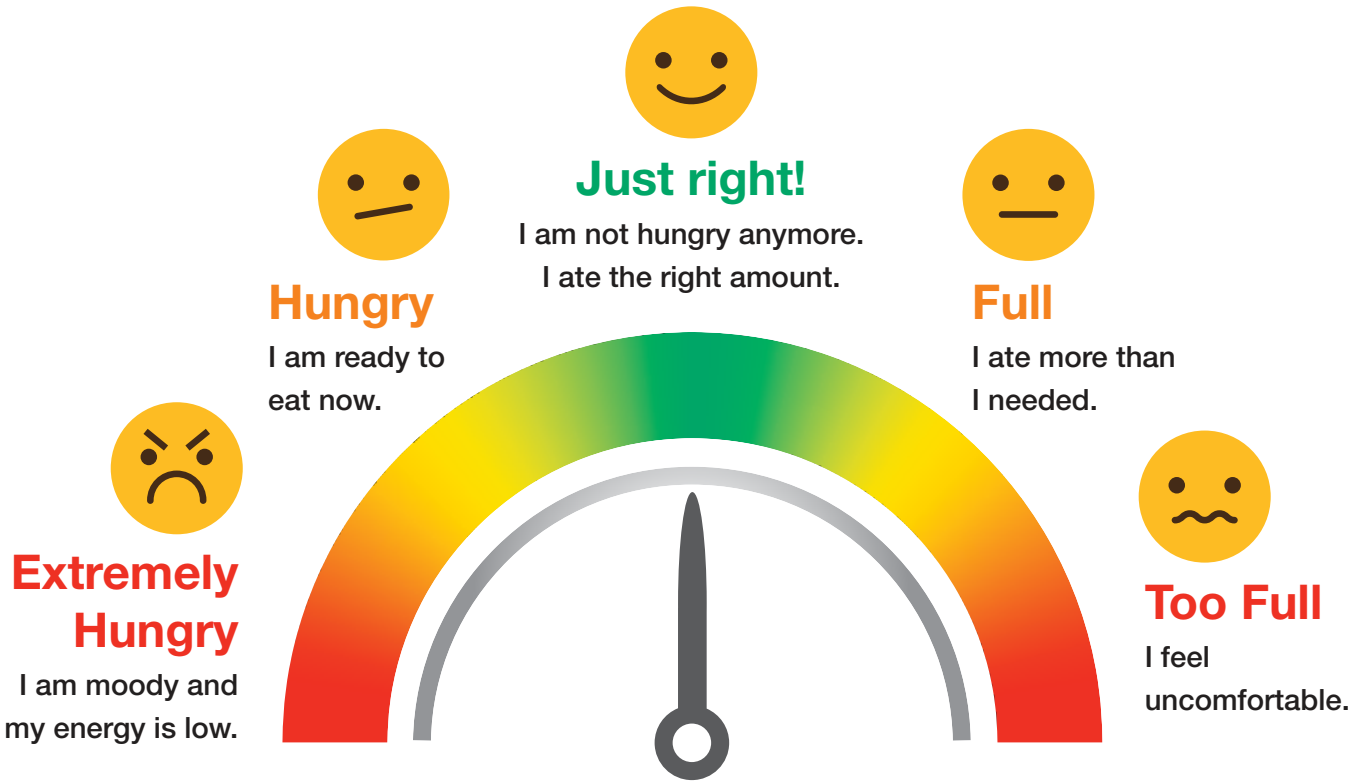
Easy Ways to…
Understand Signs of Hunger and Fullness



Do...

- ✔ Eat at a table.
- ✔ Start with small servings.
- ✔ Chew slowly. It takes 20 minutes to know that you are full.
- ✔ Pay attention to how you feel and try to stop eating before you feel full.
- ✔ Enjoy your meals!

Don't...

- ✖ Eat standing up.
- ✖ Overfill your plate.
- ✖ Eat too fast.
- ✖ Skip meals. This makes you more likely to overeat at the next meal.
- ✖ Eat in front of a screen.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at **facebook.com/eatinghealthynyc**.

For more information about Stellar Farmers Markets, visit **nyc.gov** and search for **farmers markets**.

For healthy recipes, visit **jsyfruitveggies.org**.

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

NYC Health

Just Say Yes to Fruits and Vegetables