

HOW TO EAT TO FEEL SATISFIED

To feel satisfied soon after eating and have that feeling last a while, choose balanced meals and snacks containing carbohydrates, protein, and fat.

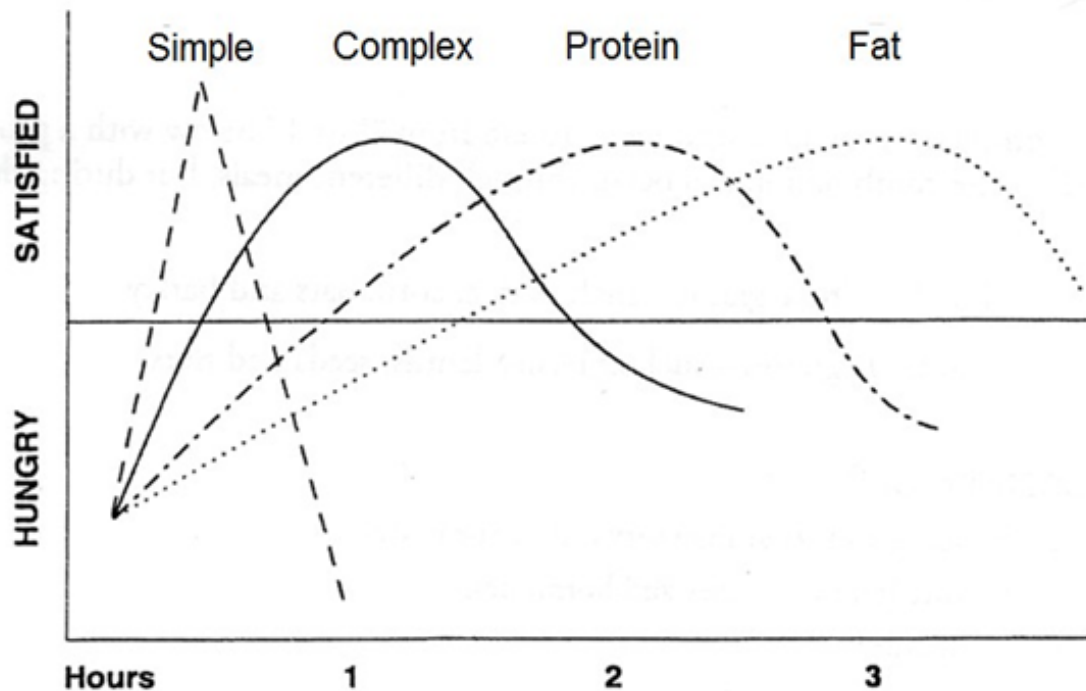
Simple Carbohydrates: _____

Complex Carbohydrates: _____

Protein: _____

Fats: _____

Feeling satisfied comes from consuming carbohydrates, protein, and fat.



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