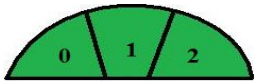
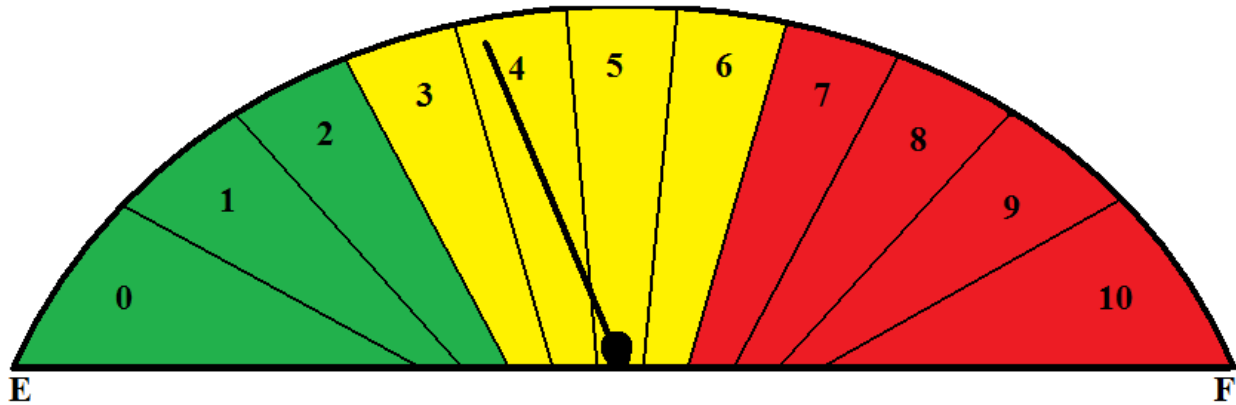




Need Fuel? Check Your Hunger Gauge Before You Fill 'er Up!



Fuel your body before you are running on empty.

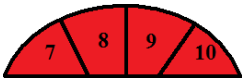
- your body needs fuel every 4 to 6 hours
- if you are running on E, you are likely to eat too much and eat too fast



Assess your fuel needs before you eat.

Eat when you first feel hungry (3 or 4) to avoid eating too much

- eat small snacks between meals
- eat slowly to help you control how much you eat
- eat until you are satisfied (5 or 6), not stuffed (>7)



Avoid squeezing in extra cents when you are on full.

Eating too much in one meal can cause

- weight gain
- lack of energy
- tiredness