

STOP

ARE YOU HUNGRY?

NO? DON'T EVEN THINK ABOUT IT

YES? DRINK SOME WATER

STILL HUNGRY?

1. EAT SOMETHING FROM THE GROUND

2. WAIT 15 MINUTES

3. DRINK MORE WATER

4. NOW YOU CAN HAVE A SNACK

**IF IT'S AFTER DINNER,
DON'T EVEN THINK ABOUT IT**