

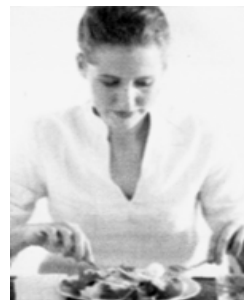
Tekst 4

- 1p 4 Wat geven de genoemde getallen in deze rubriek aan?
- A hoe laat je mag eten
 - B hoe vaak je moet eten
 - C hoeveel eetlust je hebt
 - D hoeveel je mag eten

ASK HILARY

Your health issues healed!

Q DEAR HILARY, I can't stop eating, even when I'm not hungry. Help!
Sally Brown, Manchester



A Applying a hunger scale to assess your situation can help. A rating of 1-3 means you are uncomfortably hungry, 4-6 ranges from slightly hungry to feeling comfortable and satisfied, and 7-9 indicates you are full. Only eat when you're feeling between one and four and ideally before you get to two when you're more likely to overeat because you're so hungry.
Hilary