



## **Honor the Hunger Scale!**

- **Low blood sugar leads to excessive sugar and carb intake**
- **Have a snack before a gathering**
  - **Smoothie**
  - **Protein bar**
  - **Fruits and veggies**
  - **Small salad with chicken**
- **Have snacks on hand so you never get “over hungry”**
- **Listen to your fullness cues after you eat**

