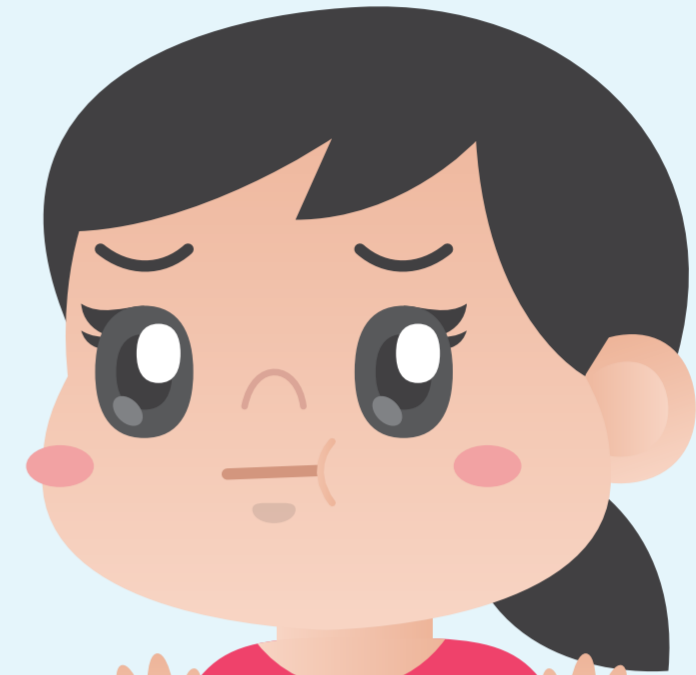


# Overeating? How to Avoid It

Avoid extremes,  
prevent your child from  
getting too hungry  
or too full

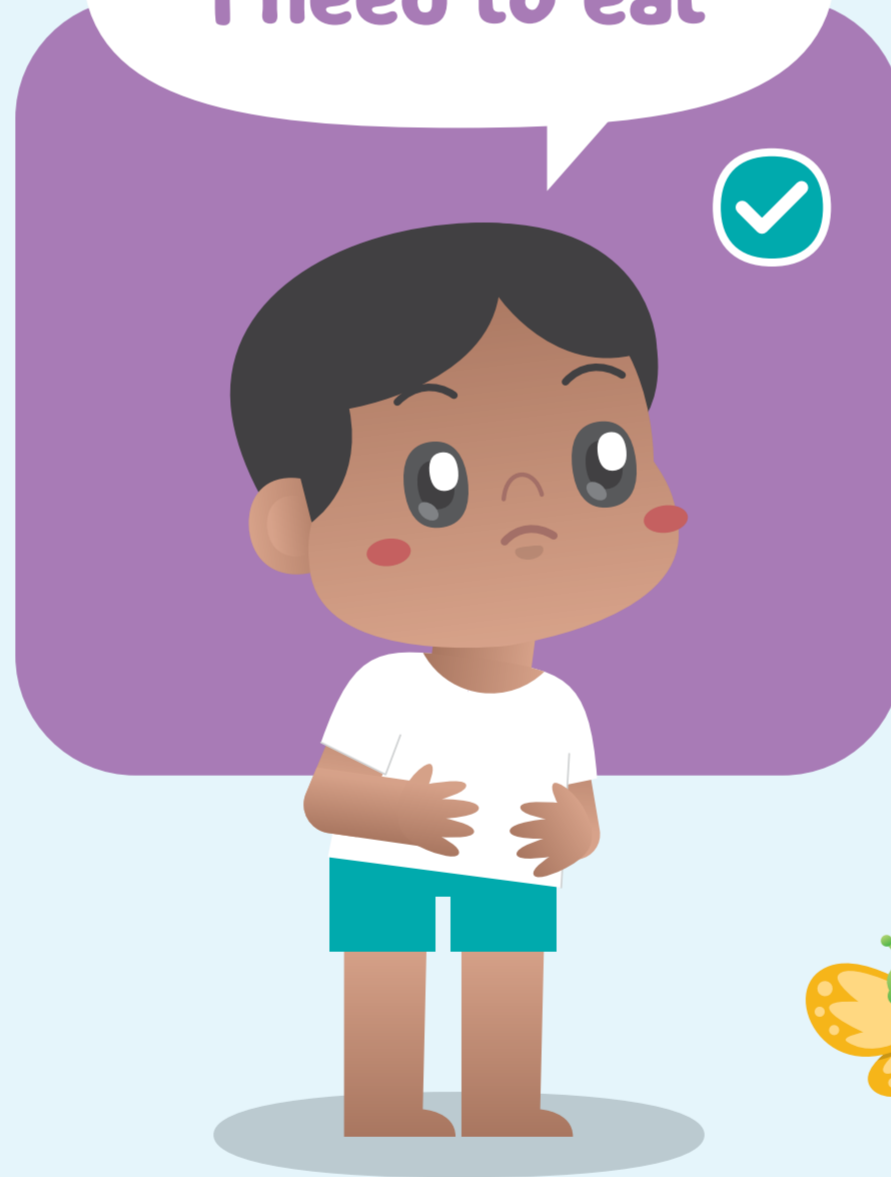


I'm starving,  
I feel so hungry



Skipping meals could  
lead to overeating, especially  
**high-fat and sugary foods**

I'm hungry,  
I need to eat



Encourage your  
child to **stop eating**  
once satisfied

I feel so full  
and bloated



Avoid overeating as  
it could lead to **excessive**  
weight gain



**Eat regular meals and choose  
healthier snacks to avoid overeating.**

