

# American Association of Bariatric Counselors

## *Mindful Eating Satiety Index*

- 0 = Starving
- 1 = One-Quarter Full
- 2 = One-Half Full
- 3 = Three-Quarters Full
- 4 = Full
- A = Stuffed
- B = Overstuffed
- C = Sick

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[www.aabc-certification.org](http://www.aabc-certification.org)

***BARIATRIC SCIENCE- A SCIENCE WHO'S TIME HAS COME***