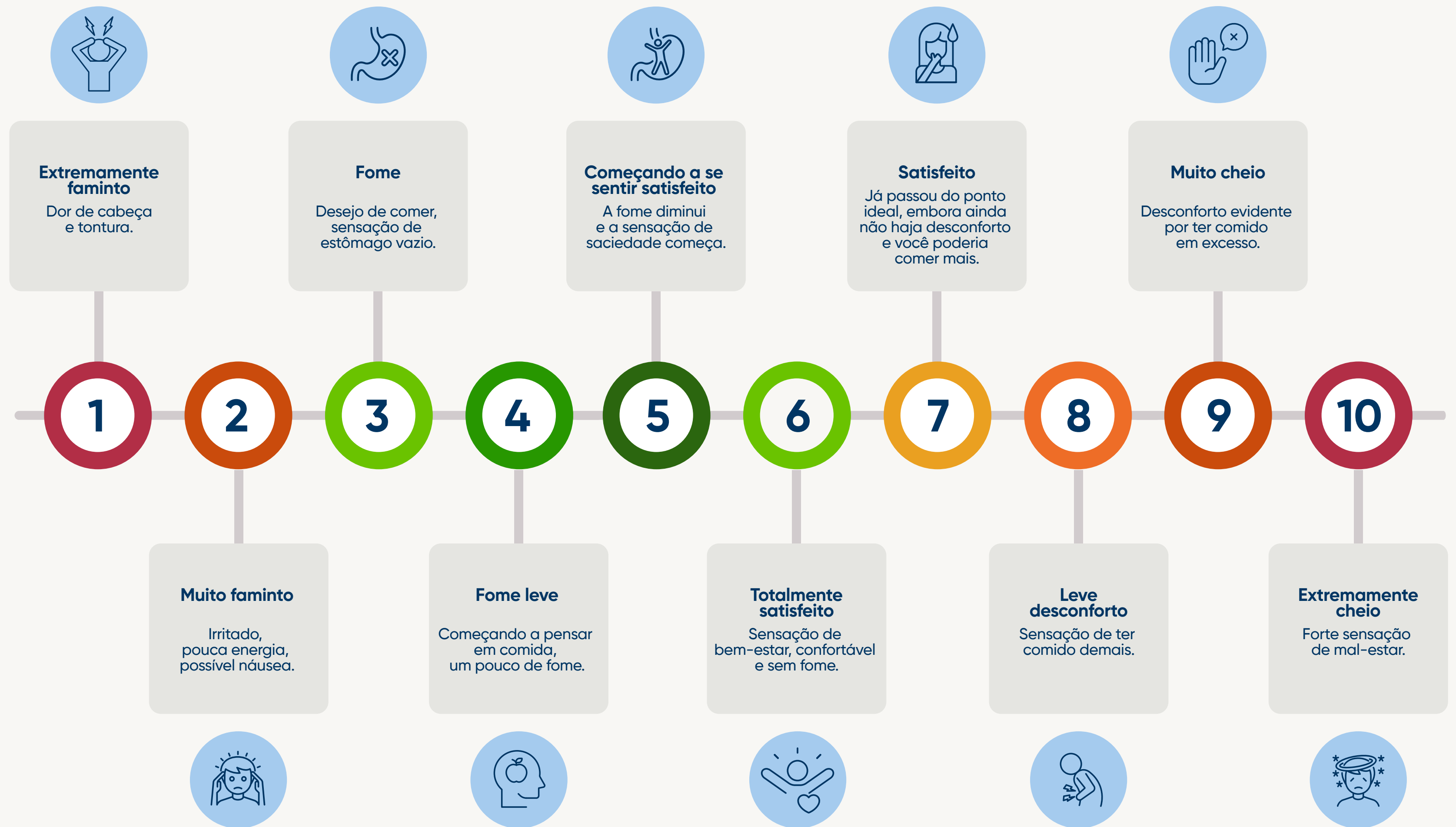


# ESCALA DA FOME E SACIEDADE



**IDEAL SE MANTER AQUI!**

Adaptado a partir do material do The Centre for Health Promotion and Wellness, MIT Medical, originalmente baseado no livro You Count, Calories Don't (Ominchanski, 1992)