



LAURA CIPULLO
WHOLE NUTRITION
+ YOGA

FOOD HIERARCHY

| SUBJECTIVE UNITS OF DISTRESS/ TEMPERATURE ON FEAR THERMOMETER | FOOD OR EATING SITUATION TO BE TRIED |
|--|---|
| 100 | |
| 90 | |
| 80 | |
| 70 | |
| 60 | |
| 50 | |
| 40 | |
| 30 | |
| 20 | |
| 10 | |
| 1 | |