



BABBELBORD

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FBP

HEALTH SQUAD

COACH:

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Babbelbord is a display connected to a plate or placemat that at the start, middle and end of your meal a sentence generates. This to help you eat more Intuitive. Intuitive eating is listening to your inner cues. Your inner hunger and satiety cues instead of general rules you are thought by diet culture, like you can not eat fat, carbs or after 8pm.