



Twelve Reasons to Develop a Regular Eating Routine

- 1. Food is everywhere.** From the gas station to the mall, from the candy dish at work to the chips at home. Without a regular eating routine, it can be hard to resist temptation.
- 2. Grazing can lead to overeating.** Without an eating routine, it's easy to graze on whatever food you find. Many people keep picking at food — without ever feeling satisfied.
- 3. Skipping meals can lead to overeating.** Trying to eat less by skipping breakfast or lunch often backfires — and you end up eating more calories in snacks and dinner.
- 4. Getting too hungry can lead to overeating.** When you are over-hungry, it is hard to make healthy choices. It's also hard to eat slowly and to stop when you are satisfied.
- 5. Mindless eating can lead to overeating.** When you eat while doing other things, such as driving, reading, or watching TV, it is hard to make healthy choices.
- 6. Television can lead to overeating.** TV advertisements and shows are full of food cues — specially designed to make you want to eat even if you are not hungry.
- 7. Routines help you include foods rich in vitamins and minerals.** Make a list of favorite fruits and vegetables and plan to eat 5 – 9 servings daily. This will also help you maintain a healthy weight.
- 8. Routines help build healthy habits.** Develop a routine of cutting up fruit after dinner. You can enjoy some for a naturally sweet dessert and pack the rest for tomorrow's snacks.
- 9. Routines help with planning and shopping.** When you have a regular pattern of meals and snacks, it is easier to plan healthy choices — and easier to make shopping lists.
- 10. Routines help save money.** Buying food on impulse is usually more expensive. It's much cheaper to plan ahead — and to have healthy choices available when you want to eat.
- 11. Children do better with a regular eating routine.** A regular pattern of meals and snacks helps children maintain the ability to eat when hungry and stop when satisfied.
- 12. Different patterns work better for different people.** Some people feel better with three meals and a snack; others prefer five small meals. Choose the best pattern for you!

Celebrating
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