

# Eating Routine Tips

A reliable meal routine helps us come to meals hungry but not too hungry. By only eating at set times, we learn to eat the right amount that our bodies need at meal and snack time.

## Example:

Meal/Snack	Weekday Times	Weekend Times
Breakfast	7:00-7:30am	9:00-9:30am
Lunch	11:30-12:00pm	12:30-1:00pm
Snack	3:30pm	3:30pm
Dinner	6:00-7:00pm	6:00-7:00pm
Snack	8:30pm	8:30pm

- Including snacks in the schedule is important to help us come to the next meal hungry but not too hungry. It is also an opportunity to give our body the nutrients that it needs.
- To control hunger make sure you are eating every 3 – 4 hours.
- Eating on a schedule helps us avoid unscheduled snacking throughout the day. When we graze it becomes hard to notice hunger and fullness cues.
- Skipping any meal sets us up to over eat the rest of the day and causes us to pick more high fat, high sugar foods later in the day.
- Many people often believe eating later in the evening causes weight gain. This is one of those dieting myths. What causes weight gain is overeating later in the evening because we have gone too long between meals and snacks.