



12 Reasons to Develop a Regular Eating Routine

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- 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 over-hungry can lead to overeating:** When you are really 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:** It's also hard to make healthy choices and to stop eating – when you are doing other things, like driving, reading, and watching TV.
- 6. Television can lead to overeating:** TV advertisements and shows are full of food cues – specially designed to make you want to eat whether you are physically hungry or not.
- 7. Routines help maintain a healthy weight:** Establishing regular times and places to eat helps to prevent overeating – and helps you balance your eating with your activity level.
- 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 smaller meals. Choose the best pattern for you!

[Tip](#) From Eat Right Montana