

What is Normal Eating?

Normal eating . . .

is Eating Competence. It is going to the table hungry and eating until you are satisfied.

Normal eating . . .

is being able to choose food you enjoy and to eat it and truly get enough of it—not just stop eating because you think you should.

Normal eating . . .

is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food.

Normal eating . . .

is giving yourself permission to eat because you are happy, sad, or bored, or just because it feels good.

Normal eating . . .

is mostly three meals a day—or four or five—or it can occasionally be choosing to munch along the way.

Normal eating . . .

is leaving cookies on the plate because you will let yourself have cookies again tomorrow, or eating more now because they taste so great!

Normal eating . . .

is eating a lot sometime, and feeling stuffed and uncomfortable . . . and not eating much another, and wishing you had more.

Normal eating . . .

is trusting your body to make up for eating a lot or not eating much.

Normal eating . . .

takes up some of your time and attention, but keeps its place as only one important area of your life.

In short, normal eating is flexible . . .

it varies in response to your hunger, your schedule, your food, and your feelings.

