

## 12 Reasons to Develop a Regular Eating Routine

1. **Food is everywhere:** From the gas station to the mall, from the vending machine 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 that make you want to eat whether you are hungry or not.
7. **Routines help maintain a healthy weight:** Establishing regular times and places to eat helps 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 for a naturally sweet dessert.
9. **Routines help with planning and shopping:** When you eat regular 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 have healthy choices around when you want to eat.
11. **Children do better with a regular eating routine:** Regular meals and snacks help children maintain the ability to eat when hungry and stop when satisfied.
12. **Different routines work better for different people:** Some people feel better with three meals and a snack; others prefer five smaller meals. Choose the best routine for you!

