The Definition of “NORMAL” Eating

- Normal eating is being able to eat when you are hungry and continue eating until you are satisfied. It is being able to choose food you like and truly get enough of it - not just stop eating because you think you should.
- Normal eating is being able to use some moderate constraint on your food selection to the right food, but not so restrictive that you miss out on pleasurable foods.
- Normal eating is giving yourself permission to eat sometimes because you are happy, sad, or just because it feels good.
- Normal eating is three meals a day - or you can munch throughout the day. It is leaving cookie on the place because you know you can have some again tomorrow. It is eating more now because they taste wonderful when they are fresh.
- Normal eating is overeating as times: feeling stuffed and uncomfortable. It is also undereating and wishing you had more.
- Normal eating is trusting your body to make up for your mistakes in eating.
- Normal eating takes u-p 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 EMOTIONS, YOUR SCHEDULE, YOUR HUNGER AND YOUR PROXIMITY TO FOOD.