

# 3 PATTERNS OF EATING

## Ignoring Hunger

- Happens when you are not eating frequently enough, and you allow yourself to become too hungry.
- You end up overeating.
  - Work on learning to eat regularly and to stop eating at moderate fullness.



## Grazing

- An eating behavior where you never become overfull because you may be eating throughout the day.
- With this pattern, you may end up eating more than if you just sat down and ate a meal.
- Hunger is an “all the time” reason for eating – you find it hard to distinguish between psychological and biological hunger.
- It is important to learn the difference between “real hunger” and “just wanting to eat.”
  - Eat mindfully.
  - Begin to learn to recognize biological signals of hunger vs psychological ones.
  - Practice meeting emotional needs without using food.

## Getting Stuffed

- Not stopping when you have had enough and are ignoring fullness signals
  - Eat mindfully.
  - Work on learning to stop eating at moderate fullness.

