

## Three Unhelpful Patterns of Eating

- 1. Grazing:** Eating behavior where you never become overfull because you may be eating all the time, i.e. throughout the day; however, 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; want vs need to eat; eating for other reasons
  - Can sabotage your appetite system
  - Importance to learn the difference between “real hunger” and “just wanting to eat”
  - Need to learn how to recognize your biological signals of hunger vs psychological; how to meet my emotional needs without using food
  - Learn to eat mindfully
- 2. Ignoring Hunger:** Not eating frequently enough and you allow yourself to become too hungry
  - You end up overeating
  - Need to work on learning to eat regularly, and stop at moderate fullness
- 3. Getting Stuffed:** Not stopping when you have had enough, ignoring fullness signals
  - Need to learn how to stop eating at moderate fullness
  - Learn to eat mindfully