



Eating Tips from the Eating Disorder Center of Montana

- Make sure you're eating enough each day. This includes at least three meals plus snacks.
- If you start to feel tired or unfocused, consider eating a snack.
- Make sure you're eating full fats and carbohydrates each day.
- If you find yourself feeling hungry at night, consider eating more earlier in the day, and consistently throughout the day.
- Listen to your body and eat when you are hungry and until you feel satisfied.
- If you've lost your hunger cues, know your body needs food anyway. Eat something every 3-4 hours and your cues will return.
- Choose food you like and eat them until you are truly satisfied - don't just stop eating because you think you should. If you feel the urge to stop eating before you are satisfied, ask yourself why? What outside sources make you feel this way? These are good questions to ask and, perhaps, to discuss with someone.
- Know that it is okay to eat sometimes because you are happy, sad or bored, or just because it feels good. This is all normal.
- Remember that it is normal to sometimes eat more of something just because it tastes wonderful, and it is also normal to stop when you're satisfied because you know you can have more of it next time.
- It is normal to overeat at times, and feel stuffed and uncomfortable. And it can be normal to undereat at times and wish you had more. Don't feel guilty about these times, but take note and try to eat a satisfying amount next time. Guilt implies you've done something wrong. Food isn't a right or wrong thing. It's just nutrition.
- We always suggest eating when you're hungry, but there are times when you won't be able to eat just when you're hungry; when you have class or a doctor's appointment for example. Try to anticipate those times and eat when you have time, even if you're not hungry yet.
- Trust that if you listen to your hunger cues and your cravings, you will get the nutrition that you need. Your body will be able to balance out the times you eat something less nutritious.
- Remember that eating and planning your meals should take up some of your time and attention, but it should only be one area of your life, and you should have time for other enjoyable things and room to eat enjoyable foods.

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