

Regular Eating Principles

Irregular eating is one of the strongest drivers of binge cycles. Long gaps between meals, skipped meals, and strict intake rules increase both physical hunger and mental stress. Regular eating is not about dieting. It is about stabilising intake so hunger does not build to a point where it feels urgent or difficult to manage.

What Regular Eating Means

Regular eating generally includes:

- Three structured meals per day
- One to three planned snacks if needed
- Eating at consistent intervals
- Avoiding long gaps without food

The goal is routine rather than weight loss, dieting, or fasting.

Why It Matters

When eating is regular:

- Intense hunger is reduced
- Cognitive flexibility improves
- Urgency decreases
- Evening overeating becomes less likely

Common Misconceptions

Regular eating does not require:

- Eliminating specific foods or food groups
- Perfect portion control
- Waiting for extreme hunger
- Strict calorie tracking

Early Focus in Recovery

For many people, stabilising meal timing reduces binge frequency before other psychological work begins. Structure often comes before control. If restriction continues, binge pressure usually remains. Regular eating provides the structure needed before other changes can occur.

Notes

Disclaimer: Life in Person provides peer support services and educational resources.

We are non-clinical and do not offer medical, psychological, or therapeutic treatment.

Our programs are designed to share lived experience, practical strategies, and community connection, not to replace professional care.

Regular Eating Principles

Personal Reflection

How many meals do I currently eat per day?

How many hours usually pass between eating occasions?

Do I skip meals?

Later emotional impact:

Time of day where structure most often breaks down:

Time of day where structure most often breaks down:

What may interfere with maintaining structure?

One change I will do this week:

At the end of the week I will review:

- Consistency of meal timing
- Reduction of long gaps between meals
- Change to urge intensity and frequency

Evening eating patterns:

Notes

Disclaimer: Life in Person provides peer support services and educational resources.

We are non-clinical and do not offer medical, psychological, or therapeutic treatment.

Our programs are designed to share lived experience, practical strategies, and community connection, not to replace professional care.

