

# Irrational Ideas About Eating

There are many myths about eating and food. Sometimes, these beliefs get in the way of managing your weight and eating wisely.



Myth	Myth-Buster
I MUST eat everything on my plate.	I should only eat until I am full.
I MUST eat when it is time for breakfast, lunch, or dinner.	Being mindful of your hunger level will determine what time of day you should eat.
I MUST eat a big dinner in the evening.	All meals should be healthy, portion-controlled, and mindful. There's no reason your last meal of the day should be bigger!
I MUST have 3 square meals a day.	Eating 3 meals a day works for some people. If managing your hunger between meals is difficult, consider eating 5–6 small, healthy meals per day instead.
I MUST eat until I am very full or else I will not be OK.	It takes at least 20 minutes to feel full after you begin to eat. Eating slowly will help you avoid overeating.
I MUST have something to eat to feel better emotionally.	Emotional eating can lead to weight gain. Consider alternate activities besides eating to manage your mood.
I MUST eat it all quickly or I will starve.	Eating is an experience. Eat slowly, savor your food, and enjoy.
I MUST have meat at every meal, or at least every day!	Meatless meals can be healthy, tasty, and affordable.
I MUST eat when others are eating.	Eating with others doesn't need to be the focus of your social activities.
I MUST eat all the food that somebody has fixed for me or they will think I don't like them anymore.	Eating for reasons other than hunger can be problematic. Use your words to express appreciation.