Reasons to Eat Regularly

Prevents Overeating

- Skipping meals and not eating when you are hungry can lead to overeating at the next meal or snack, especially towards the end of the day.

Boosts Metabolism

- Going too long without eating slows down your metabolism. Eating regularly helps your body use carbohydrates, fat, and protein to fuel your body more efficiently.

More Energy

- Remember food is fuel and just like a car, if your body is running on empty, it can't function well. Eating throughout the day gives you enough energy to complete daily tasks and improves your mood.

Healthier Choices

- When you get too hungry, it is difficult to make healthy choices in the moment. Eating regularly allows you to make healthier choices since you aren't waiting until you're starving to eat.

More Nutrients

- Eating at least 3 times per day allows for more chances to get vital nutrients and avoid vitamin and mineral deficiencies that can lead to possible health problems.

Creates Routine

- As humans, we like routine and structure, especially when it comes to eating. Eating regularly can help you establish an overall healthier lifestyle.