E A T Approach to Normal Eating

**Awareness**  
of hunger and fullness



**Timing**structure and routine

**Eat**a variety of different foods

This diagram is a helpful tool to understand the three key aspects of eating to support normal weight. It is important to balance each of these in order to promote health and   
well–being.

1. **Eat** a variety of different foods.

It is important to eat a varied diet from a range of foods that will provide protein, fat, energy, vitamins and minerals each day to meet individual needs.

1. **Awareness** of hunger and fullness.

If food intake and routine has been affected by an eating disorder the awareness of hunger and fullness is often hard to recognise. Achieving an adequate portion size can be difficult. Aiming to eat a portion size similar to family/peers is generally a good guide.

1. **Timing**, structure and routine.

It is important to regulate eating over the course of the day at regular intervals. Aim for three regular meals, with snacks, depending on individual needs.