

Irrational Ideas About Eating

There are **many myths** about eating and food. Sometimes, these strongly held beliefs get in the way of changing your eating.

Here are a few myths:

1. I **MUST** eat everything on my plate.
2. I **MUST** eat when it is time for breakfast, lunch, or dinner.
3. I **MUST** eat a big dinner in the evening.
4. I **MUST** have 3 meals a day.
5. I **MUST** eat until I am very full or else I will not be OK.
6. I **MUST** have something to eat to feel better emotionally.
7. I **MUST** eat it all quickly or I will starve.
8. I **MUST** have meat at every meal, or at least every day! “Where’s the BEEF?”
9. I **MUST** eat when others are eating.
10. I **MUST** eat the food that somebody has fixed for me or else they will think I don’t like them any more.

