

Table 6.1 from Fairburn CG, *Cognitive Behavior Therapy and Eating Disorders*, Guilford Press, New York, 2008.

Patient handout on "Regular Eating"

"Regular Eating"

Pattern of eating

- Breakfast
- (Mid-morning snack)
- Lunch
- Afternoon snack
- Evening meal
- Evening snack

Points to note

- Eat these meals and snacks, but do not eat between them
 - Do not skip any meals or snacks
 - Do not go more than four hours without eating
 - Eat what you like in the meals and snacks, so long as you do not vomit or take laxatives to compensate
 - Always know when (and roughly what) you are next going to eat
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