

“MECHANICAL” EATING:

This means following a *non-dieting* pattern of eating. It requires eating according to a predetermined schedule and not according to appetite. Over time hunger and satiety signals will become more reliable. It is important to make mechanical eating your top priority.

- 1. WHEN you eat is very important:**
 - Pre-plan meal and snack times: write them in your day-timer or on the calendar the night before
 - Leave no more than 3 to 4 hours between your pre-set meal and snack times
 - Three meals and 2 to 3 snacks each day is recommended
 - As much as possible, have meal and snack times consistent from one day to the next
 - If major commitments interfere with your plan then try to make logical adjustments (i.e. if dinner is going to be very late have your bedtime snack at your regular dinner hour)
- 2. Try to not eat between your pre-planned meal and snack times**
 - Use a list of distractions that are *inconsistent with eating*
- 3. In the beginning you may find it helpful to follow a formalized Meal Plan to help guide your food choices and portion sizes.**
 - It is very important to not under-eat
- 4. Gradually over time begin responding to your hunger and satiety cues while still maintaining consistent meal and snack times.**
 - Be prepared to eat according to a “mechanical schedule” for up to one year to allow your hunger and satiety signals to re-emerge