

# Nova Luna Center

## Eating Disorder Programs

### Normal Eating Is...

- Being able to eat when you are hungry and continuing to eat until you are satisfied.
- Being able to choose food you like, eat it and truly get enough of it - not just sop eating because you think you should.
- Being able to use some moderate constraint on your food selection to get the right food, but not being to restrictive that you miss out on pleasurable foods.
- Giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good.
- Three meals a day or it can be choosing to munch or graze all day.
- Leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful when they are fresh.
- Overeating at times: feeling stuffed and uncomfortable.
- Under eating at times and wishing you had more.
- Trusting your body to make up for your mistakes in eating.
- Taking up some of your time and attention, but keeping it's place as only one important area of your life.
- In short, normal eating is flexible. It varies in response to your emotions, your schedule, your hunger and your proximity to food.