How many meals a day should I be eating?

Deciding on how many meals a person should eat per day has been a huge topic in the nutrition world recently, but there has not been much of a final answer. It mostly depends on you, along with many different factors in your daily life.

Three meals a day or six smaller meals a day is the main question buzzing around; both seem to be great options. For some people, it is necessary to have six smaller meals in a day because they get hungrier, faster. This method aids in a decrease in appetite because the body isn’t as hungry when it gets closer to a meal period; as a result that individual most likely won’t overeat from having that feeling of starvation. On the other hand, eating three meals a day for some individuals is a much better method. Some people have work constraints and aren’t allowed to eat every three hours, but for many it is about self-control and self-management. It’s hard enough for many individuals to eat correct portion sizes during three meals and make sure they don’t overeat. Eating every three hours makes this extremely difficult. It is also easier for some people to choose healthier options if they have fewer meals during their day.

At this point, there is no scientific proof that says one option is better than the other. I personally believe that eating six smaller meals per day is the best way to go about eating. It allows you to feel satisfied for a longer period of time, but it is all about personal choice and how your body and brain feels throughout the day. The best thing to do would be to experiment with the two meal plan options to see which one best suits your lifestyle.

By Sierra Gamble