Eating regular meals

Do you know how many meals and snacks you should aim to eat each day?

3 Main meals per day



You should aim to eat 3 main meals per day: breakfast, lunch and dinner.

Up to 3 snacks per day



You should aim to eat up to 3 snacks per day: usually between each main meal.

This may not be perfect every day, every week. Some days you might have 5 – 6 smaller meals and that's okay too.

Other ways to eat regularly

- Eating meals and snacks at set times each day.
- Eating meals and snacks with others at a table.
- Making sure everyone is offered the same meal at mealtimes, and food is enjoyed together.
- Going to the table hungry and eating until we've had enough.
- Eating a variety of foods that we enjoy and will fill us up, so we're not hungry between meals and snacks.
- Putting away anything that may be a distraction when eating including screens (such as phones, tablets, games, or the TV).
- Slowing down and enjoying your food – don't rush. Enjoy every bite until you've had enough.