

Grazing for Good Health

Many Americans have moved away from “three square meals” a day and instead opt for eating several small meals. As with traditional meal patterns, your daily goal for small meals remains the same: variety, balance and moderation throughout the day.

Little meals aren’t just snacks eaten between larger meals; instead, they’re several small portions eaten throughout the day. As long as your food choices add up to MyPyramid recommendations without overeating, eating five or six mini-meals can be as healthful as three meals a day.