

What Causes Me To Eat

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The experts say that the primary reasons why people overeat are alcohol consumption, sleep deprivation and TV watching. According to researchers, alcohol consumption has the biggest impact, followed by sleep deprivation (less than 5 1/2 hours per night) and then TV watching.

Personally, I do not consume alcohol of any kind and I usually get 6 hours of sleep each night. I rarely watch TV, unless it is sports related and when I do watch TV, it seems that I am up and doing things at almost every commercial. Yet I am as inclined to overeat as anyone else.

In my case, I think that the cause is a disorder called Binge-eating disorder. Binge-eating disorder is a serious eating disorder in which you frequently consume unusually large amounts of food. Almost everyone overeats on occasion, such as having seconds or thirds of a holiday meal, but in my case, overeating is caused by eating trigger foods, such as candy, white bread, pasta or cake, to name a few.

Over the years since my Gastric By-pass surgery in January 2001, I have, through the process of trial and error, identified the foods that I can eat on a regular basis that do not cause me to crave more food. In fact, when I am eating right, I am never hungry and have to almost force myself to eat on a regular schedule so that I take in at least 1900 calories per day. Among the foods that cause me to have the least cravings are: egg whites, cottage cheese, white meat fish, chicken and turkey, canned tuna fish, fruits and vegetables, yogurt, rye or whole wheat breads, fat free cheese, peanut butter, bran cereals and skim milk. My goal is to make sure these foods supply the biggest portion of my diet plan each day.

What do you do to try to avoid overeating? Please share with us.

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