

Becoming Eating Competent (sBEC) emphasizes taking care of yourself and lets you have a healthy and positive relationship with food: It lets you discover the joy of eating. It combines the order, comfort, and freedom of dependable and enjoyable sit-down meals and snacks with the self-trust of letting yourself eat as much you want of food that tastes good to you. *sBEC* translates the routine plus trust of the Satter Division of Responsibility in Feeding (sDOR) into doing the *what*, *when*, and *where* of feeding *yourself*, then letting *yourself* eat *whether* and *as much* as you want.

Feed yourself faithfully. Have regular and reliable sit-down meals and snacks made up of food you enjoy. Reassure yourself you will be fed. Structure is the supportive framework for taking care of yourself with food.

- Take time to eat.
- Eat what you eat now; add on new food when you get interested.
- Eat at more-or-less predictable times.
- Tune in to food and pay attention to eating.

Give yourself permission to eat. At meals and snacks, eat what you enjoy and eat as much or as little as you want.

- Reassure yourself: “It’s all right to eat this.”
- Sit down and pay attention.
- Eat it if it tastes good, not if it doesn’t.
- Trust that you can eat enough for you. Go to sit-down meals and snacks hungry (not starved) and eat until you truly feel like stopping.

Notice as you learn and grow. Becoming eating competent is a process, and it takes time. Be gentle, kind, and nurturing with yourself. As you combine feeding yourself faithfully with giving yourself permission to eat, you will find that your eating is falling more and more into place.

- You feel good about your eating.
- You are comfortable with tuning in.
- You are reliable about seeing to it that you get fed.
- You trust yourself to eat enough for you.
- You are relaxed about eating food you enjoy, even including “forbidden foods” at meals and sit-down snacks.
- Big servings don’t make you overeat. You eat it all if you want to, not if you don’t.
- You enjoy more and more foods: You eat fruits, vegetables, whole grains, and other nutritious foods because they taste good, not because you *have* to.

For more on becoming a Competent Eater, read [Feeding Yourself with Love and Good Sense](#).
For more about the evidence showing that Competent Eating is good for you, see [The Satter Eating Competence Model](#)