

Number of Meals per Day

Two Meals verses Three Meals

Your children should not be allowed to eat candies, fruits, nuts, or anything in the line of food, between their meals. **Two meals a day are better for them than three.** {T29 164.2}

You should not eat more than two meals a day. If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten. {T29 164.1}

The practice of eating but two meals a day is generally found a benefit to health; yet under some circumstances persons may require a **third meal**. This should, however, if taken at all, be very light, and of food most easily digested. “Crackers”—the English biscuit—or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal. {MH 321.1}

[A **cereal coffee** (also known as **grain coffee**, **roasted grain drink** or **beverage**) is a hot [drink](#) made from one or more [cereal](#) grains roasted and commercially processed into crystal or powder form to be reconstituted later in hot water. The product is often marketed as a caffeine-free alternative to [coffee](#) and [tea](#). - *Wikipedia*]

Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at supper time; but this meal should be very light. Let no one think himself a criterion for all, that every one must do exactly as he does.—Christian Temperance and Bible Hygiene, 58. {HL 84.3}

Third meal—fruits or grain

If those who only eat two meals have the idea that they must eat enough at the second meal to answer for the third meal also, they will injure their digestive organs. Let the students have the third meal, prepared without vegetables, but with simple, wholesome food, such as fruit and bread. {Lt141-1899.4}

If the third meal be eaten at all, it should be light, and several hours before going to bed.—How to Live, 55. {HL 84.4}

The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours.—How to Live, 56. {HL 84.5}

If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten.—Testimonies for the Church 4:502. {HL 85.1}

The stomach may be educated to desire food eight times a day, and feel faint if it is not supplied.
But this is no argument in favor of so frequent eating.—The Review and Herald, May 8, 1883. {HL 85.2}