

## The Truth about Late Night Eating

Adapted from [http://www.healthcastle.com/late\\_night\\_snacking.shtml](http://www.healthcastle.com/late_night_snacking.shtml)



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Note: To reflect this year's National Nutrition Month theme, 'Nutrition: It's a Matter of Fact', the Eat Smart newsletters for the month of March will focus on nutrition myths that can trip you up.

**TRUTH:** One of the biggest nutrition myths is that *late night eating causes weight gain*. Actually it's not **when** you eat that matters, but **what** and **how much** you eat.

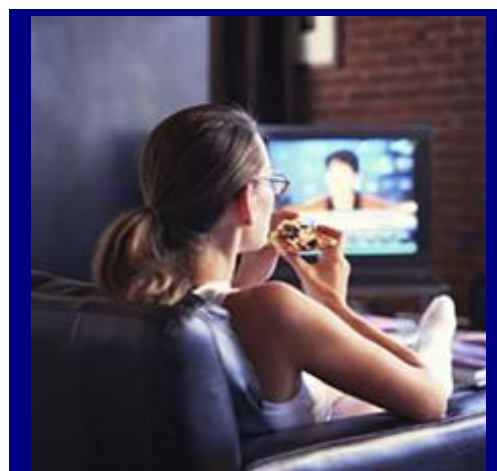
- Foods always have the same calorie content and nutritional value whether you eat them at 6p.m. or 10p.m.—and your metabolism does not shut down at night. In fact, your metabolism can't even tell time.

The real reason that late night snacking can lead to weight gain is because of the **kinds of foods** people tend to eat late at night – chips, cookies, etc.

- Also, according to Dr. Michelle May (author of *Am I hungry*) many late night eaters are **eating for reasons other than hunger** – they're bored, lonely, or mindlessly grazing while watching television.

### Late night eaters, take note:

- **Only eat if you're truly hungry** – not out of boredom or for entertainment while watching TV.
- **Try to fuel your body throughout the day** with well-balanced meals and [healthy snacks](#) to avoid being hungry late at night.
- **If you aren't able to eat dinner until later at night** be sure to choose [healthy portions](#) of foods such as lean proteins, good fats, and lots of vegetables.



*Eating late at night won't necessarily cause weight gain – but eating mindlessly in front of the television can (especially if you're eating out of boredom rather than hunger).*



Information for this newsletter adapted from:

Advice from experts: [http://www.healthcastle.com/late\\_night\\_snacking.shtml](http://www.healthcastle.com/late_night_snacking.shtml)

Nutrition tips from ADA: [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home\\_8071\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_8071_ENU_HTML.htm)

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