



The Truth Behind Meal Timing

You've probably heard people say that if you eat after a certain time in the evening, all the calories you eat will be stored as fat. That's not true. Even though you may be less active at night, you are still burning some calories because your vital organs continue to work, even while you sleep. What matters for weight control is how the total amount you eat all day compares to the amount you burn up. Studies show that, when these two totals balance out, people who eat in the evening do not gain weight. The problem is that for many people, evening eating is not related to hunger, but is used to relieve boredom or stress. Eating when you are not hungry often means eating more than you need, and that will cause weight gain. For many people, evening eating also means high-calorie "junk food" rather than fruit or other foods low in calories and high in nutrients. But these situations pose trouble at any time of day. The problem is inappropriate eating behavior, not the time at which it occurs.

For more information on nutrition and a healthy diet, contact your local base **Health and Wellness Center** or **Dietitian**.

Shape Your Future... Your Weigh!™