

[CBI Home](#)[Past Emails](#)[Program Enquiries](#)[Contact Us](#)

Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try 10 minutes of
stretching while
watching TV at night!



**Corporate Bodies
International**

Phone: 1300 21 31 41

Fax: (02) 9439 9366

Email: [click here](#)



**Corporate
Bodies
International**

This fortnight's healthy topic...

Late Night Eating—Does it really make you gain weight?



Myth Buster

Weight gain isn't influenced by the time of day that you eat and is more affected by **how much** and **what types** of food you eat. There is no difference between eating at 3pm or 10pm. The same amount of calories are processed the same way.

Weight Gain

This doesn't happen overnight, weight gain is gradual. The time of day that you eat is irrelevant. If you're taking in more energy than you're using up, the extra calories are stored as fat.

Night Time Metabolism

A misconception is that calories eaten late at night are more likely to be stored as fat because the body isn't very active. Although our metabolism slows down when we are asleep, our bodies need energy for bodily functions. Calories are being burnt late at night and during sleep just to keep us alive.

Night Time Weight Gain

Late night eating is commonly mistaken as a cause of weight gain. Many people have poor food choices at night. Going for long periods of time without eating increases the likelihood of overeating and choosing unhealthy fast foods. With TV being a popular night time activity, many people are unaware of snacking while sitting on the couch.

What's the moral of the story?

Eating late at night won't make you gain weight, but limiting the amount at late night meals can reduce their calorie intake. If your total energy intake isn't excessive and the foods you choose at night are healthy, appropriately portioned options, then late night eating is not out of the question.

Here's to demystifying another health topic!

Yours in Health, [The Corporate Bodies Team.](#)