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Debunking Medical Myths: Eating Late at Night Causes You to Gain Weight

Alexandra Breves

Wayne State University School of Medicine, ga5340@wayne.edu

Brandon Holland

Wayne State University School of Medicine, hj0417@wayne.edu

Sydney Colbert

Wayne State University School of Medicine, gj3244@wayne.edu

Alexander Wind

Wayne State University School of Medicine, hj2168@wayne.edu

Mina Juma

Wayne State University School of Medicine, fv3370@wayne.edu

See next page for additional authors

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Authors

Alexandra Breves, Brandon Holland, Sydney Colbert, Alexander Wind, Mina Juma, and Coltrane Groves



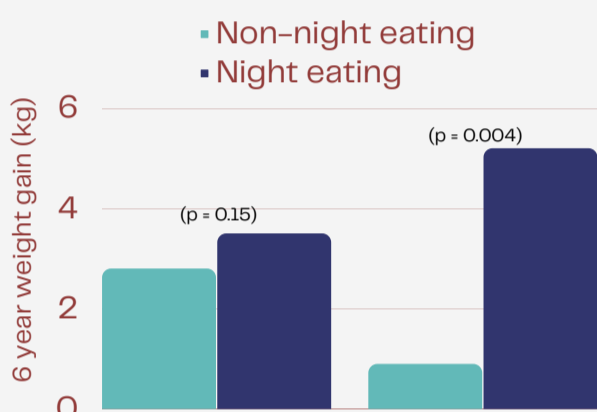
DEBUNKING A MEDICAL MYTH: Eating late at night causes you to gain weight.

True or False? Let's find out!

Brown 11 Alexandra Breves, Alexander Wind, Coltrane Groves, Mina Juma, Sydney Colbert, Brandon Holland

WHERE DID THIS MYTH COME FROM?

A crucial factor in weight gain due to eating at night is simply that more calories are consumed in the day overall. The additional hours of nighttime eating allow for more consumption of calories leading to weight gain.² So yes, eating (excessively) at night causes weight gain.

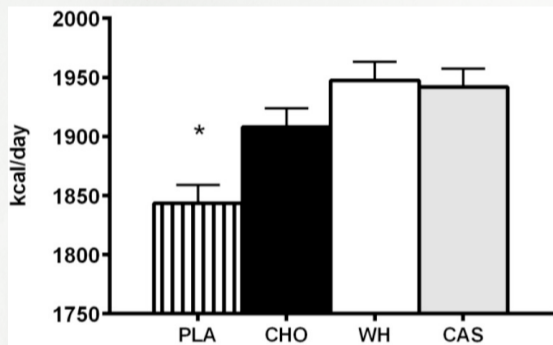


HERE'S SOME DATA:

A team of Danish scientists conducted a prospective study of middle-aged adults and found that there was NO significant association between night time eating and later weight gain over 6 years (except amongst already obese women).¹



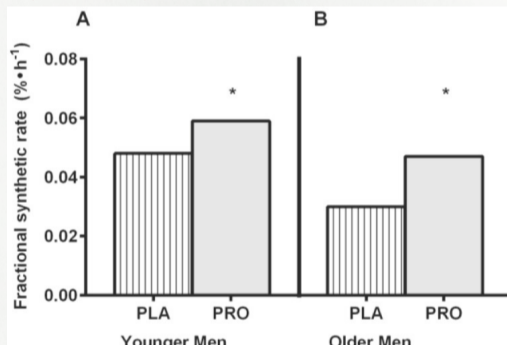
ENERGY USE AFTER NIGHT EATING



PLA = placebo, CHO = carbs, WH = whey protein, CAS = casein protein

Recent studies have shown that eating different foods can affect how much energy you burn the next day. This study focused on carbs and protein compared to the placebo.³

BUILD MUSCLES WHILE ASLEEP



PLA = placebo, PRO = protein

Other studies implicate that pre-sleep protein intake supports

22%
greater mixed-muscle protein
synthesis in males.³



WHAT YOU EAT MATTERS!

- If you eat small, nutrient-dense, and low-energy foods at night, such as eggs, fish, and seeds, you can have positive physiological outcomes.
- If you eat large mixed-meals at night, filled with fats and carbohydrates, such as french fries, fried rice, and burgers, you can experience weight gain.³



SUMMARY

- It's not all about when you eat; it's also about **what** and **how** much you eat!
 - Make your snacks count!
- Eating at night can actually be beneficial for some people.
 - Benefits can include improvements of overall satiety, sugar metabolism for those that are hypoglycemic, as well as total percentage of caloric intake per day.



REFERENCES

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3. Kinsey AW, Ormsbee MJ. The health impact of nighttime eating: old and new perspectives. *Nutrients*. 2015;7(4):2648-2662. Published 2015 Apr 9. doi:10.3390/nu7042648