

## Late Night Snacking

Many people think eating late at night causes weight gain. Actually, it's not when you eat that matters, it's what and how much you eat.

Fueling your body is a matter of timing. The longer you wait between meals, the more you tend to eat at the next meal.

- Three to four hours between meals is about the right amount of time to keep blood sugar levels in control.
- Plan snacks with small portions in mind.
- Crackers and low-fat cheese, yogurt and fruit, cereal and milk or peanut butter and apple slices are good options.
- Eating snacks with both carbohydrates and protein helps your body stay fueled.

If weight loss is your goal, space meals and snacks three to four hours apart, no matter what time of day, and watch portion sizes.