



Article Side

Advantages/ Disadvantages of Eating at Night by [Sameer Mehta](#)

Article published on February 22nd 2012 | [Cooking](#)

Many people have a pre-conceived notion in mind that eating at night is a very bad thing. This is not always the case however and so long as you are smart about it, having a late night meal can be a good addition to any weight loss diet.

When it comes to losing weight, the number one factor that determines whether or not you are successful is whether you are taking in more calories than your body requires maintaining itself. If you eat less than you burn, you will lose weight. Similarly, if you eat more than you burn you will gain weight. It really doesn't matter a whole lot what you consume so long as the calories are lower, you will still lose weight. Just do not take this the wrong way, you still might be able to lose weight eating junk food as long as you are not eating a great deal of it, however you will not be providing your body with the nutrients it needs for proper health and will not be seeing the benefits health food provides such as reduced hunger, increased energy levels, better blood sugar control and fat loss rather than muscle loss.

When you are already eating at a reduced calorie level, it is going to be even more important that you chose healthy foods since you don't have as much 'wiggle' room to get nutrients from a variety of foods.

So next time you feel the urge to eat during the evening and try and convince yourself not too, remember that if you have kept a balanced low calorie diet throughout the day and will make a smart selection to the snack you choose before bed, it will not necessarily lead to fat gain.

Article Source:

<http://www.articleside.com/cooking-articles/advantages-disadvantages-of-eating-at-night.htm> - [Article Side](#)

[Sameer Mehta](#) - About Author:

www.madorders.com

Article Keywords:

Mad Orders, www.madorders.com