



Myth busting # 5

If you are trying to lose weight don't eat after 5pm

Some popular diet books advise cutting out eating carbohydrates or eating anything at all after 5 or 6pm. The diets often reduce the total carbohydrate and energy intake by cutting out carbohydrates such as pasta, rice, bread, potato, biscuits, cakes and soft drinks. Vegetables and dairy products are the types of carbohydrate that are allowed.

There is not a single study that supports the theory that carbohydrates need to be cut out after 5pm in order to lose weight. There are also no health authorities that endorse this approach.

In theory cutting out carbohydrates after 5 pm or not eating after this time could reduce the total energy intake for the day. This would ultimately lead to a reduction in the total energy intake (total food) for the day and thus a reduction in weight.

Realistically this change in eating pattern may be too restrictive for most people's lifestyles as after 5pm is social and family time.

If you want to cut down on the amount of calories eaten, focus on cutting down on total fats, since total fats are the highest source of calories (high energy density) per serve. Lowering fat intake will lower your total energy intake and ultimately lead to weight reduction. .



Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.

It does not matter what time of day these fats are eaten at since fats eaten at any time of the day will contribute to an increase in energy intake.

So no carb's after 5pm? It is not the time of day that the foods are eaten, but the combination of the total amount of foods, what the food is made up of and the amount of activity that has been done over the course of the day, which causes weight gain or loss.

