

How many of you have heard of the myth that carbs after a certain time in the day lead to weight gain? This is a MYTH! As long as you are not exceeding your overall calorie intake, this will not occur. This week, I am making you all use your brains by checking out these articles (don't worry, I've included a summary of each article for you busy people out there).

Do remember that your body typically needs more fuel during the day when your body is more active. However, it is important to pair meals around workouts and also for when is most convenient for you to enjoy your meals. I do recommend that those of you with heartburn give yourself at least an hour before going to bed after eating. I recommend including some light movement like doing dishes or brushing your teeth.

Have a great week! **Be on the lookout for updates regarding fall sessions!**

See below for more clarification and tips about evening carbs.

1. Impact of carbohydrates on weight gain and muscle synthesis in the evening

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4425165/>

Summary of article:

- Nighttime eating that is calorie-controlled will likely not cause weight gain
- Muscle growth may occur when high protein snacks are consumed in the evening. ALWAYS pair your carbs with protein!

2. Impact of carbohydrate intake at night on weight gain

<https://www.webmd.com/diet/features/diet-truth-myth-eating-night-causes-weight-gain#2>

Summary of article:

- When you're trying to lose weight, eat regular meals and consume 90% of your calories before 8 p.m.
 - The benefit of eating meals every three to four hours is it helps regulate your [blood sugar](#), and thus control [hunger](#) and cravings.
- There's nothing wrong with eating a light, healthy snack after dinner as long as you plan for it as part of your [daily calories](#).
 - To keep from overeating, pay attention to your food while eating, avoid eating in front of the TV, and choose a portion-controlled snack.
 - Examples:
 - 100 calorie nut snacks
 - Small servings of popcorn (3 cups popped)
 - Low-fat yogurt or fruit

3. Impact of carbohydrate-rich meals before bed on sleep

https://www.onhealth.com/content/1/avoid_foods_before_bed_sleep_better

Summary of article:

Pairing protein with a carb-rich, calorie-controlled meal or snack may help with falling asleep faster and staying asleep