

Impact of Late Night Eating Habits on Health: An Illumination

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Abstract

The time of food intake and its implications on health have recently been studied by several researchers. This implies that eating habits and health may depend on both when and what people consume. Although there isn't a set time for when you should stop eating at night, several studies try to find better food habits. The objectives of the present study are to find the impact of late night eating through secondary data. This narrative review-based study has included research papers published from September 2017 to August 2022 (the previous 5 years). The English language articles were retrieved from NCBI electronic library. Overall 26 research articles are included in the study out of the articles 86 were fully studied. The findings of the current study indicate that eating late at night may cause acid reflux and have a detrimental impact on the control of blood sugar, blood pressure, and weight. Poor eating choices could be one of several possible causes of this. There is conflicting evidence on the ideal time to cease eating at night. Others contend that eating according to the body clock is preferable to intermittent fasting, which is used as a guide in some research.

Keywords: Late night eating; Healthy eating; Eating schedule; Healthy practices; Health & food.

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INTRODUCTION

Many people eat late at night due to their hectic lifestyle and coming from the office late at night. There are many disadvantages of eating food late at night. Its effect is visible on weight, apart from this, this routine is also not good for heart health.¹ Eating late at night can lead to many health related risks like increased blood sugar levels, obesity, and heart disease. Let us tell what are the disadvantages of eating late night food and if it is a compulsion to do so then what should be taken care of.²

In today's lifestyle, most people are victims of

some disease, the biggest reason for which is the habit of eating late at night.³ Eating late at night can make a victim of many diseases. Because eating food late at night weakens the digestive power. Due to this, the food is not digested properly and an excess amount of fat starts accumulating in the body.² Which invites many diseases. Please tell us that it takes 3-4 hours for the food to be digested. But at night most people go to sleep immediately after the meal, due to which they become victims of many diseases. Let us know what are the disadvantages of eating late night food.⁴

It is said that dinner should be light, that is, those things should be eaten at night which are digestible. But that does not mean that should not eat dinner only. Many times weight conscious and health conscious people stop eating dinner. If also do this, then handle this habit from now on. Even if eat something light at the place of dinner, do not go hungry. Skipping dinner not only makes you weak but can also disturb other health related problems.⁵

According to author Courtney Peterson of the Pennington Biomedical Research Center in the US, if people eat something in small amounts for a long time, then it can help them in losing weight. According to him, by adopting such a routine, the human body's metabolism is also fine. Apart from this, Dale Scholar of the Research Center also claims that a new study has revealed that eating food early in the morning is good for metabolism. The new research was brought up at the Obesity Society's annual convention in the US city of Louisiana.

Because the late-night eating habit is increasing in most families, therefore it is necessary to study at the time of eating. The main objective of this study finds the published study related to late-night eating and its health impact.

METHODOLOGY

This article is based on narrative review methods and articles were selected from NCBI electronic library. Only the English language and peer review refereed journal articles were included in this study. This narrative review based study has included research papers published from September 2017 to August 2022 (the previous 5 years) and the study was carried out from September to October 2022.

RESULT AND DISCUSSION

There has been discussion on when to finish eating during the day for a while.⁵ When someone stops eating is influenced by a variety of factors,

including appetite, habits, culture, work schedules, individual preferences, and social contexts.⁶ For the majority of people, the main worry is that eating late can lead to weight gain. Everyone has an opinion about when to stop eating, but you might be wondering if any of these opinions are supported by studies. The health repercussions of eating late at night are discussed in this article along with the ideal time to cease eating.⁷

Circadian rhythm

The 24 hours frame clock, additionally referred to as circadian rhythm, may also impact the first class time to consume primarily based totally on its consequences on starvation, nutrient absorption, insulin sensitivity, and metabolism.⁶

To a healthy frame clock, the advocated ingesting window is much less than or identical to eight 12 hours an afternoon, for the duration of daylight hours. Eating out of doors of this window may also lead frame to method energy much less efficiently, which may also make contributions to weight gain. One takes a look at observed that once mice had been fed an excessive fats meal consistent with their circadian rhythm, they'd substantially decrease weights than mice fed the equal excessive fats meal out of doors in their circadian rhythm.⁸

Furthermore, ingesting over a duration extra than 12 hours an afternoon may also boom the threat of obesity, diabetes, and coronary heart sickness. A small take look at which include eight guys with prediabetes, ingesting inside a 6-hour window from eight a.m. to two p.m. ended in upgrades in blood sugar stages, blood pressure, and appetite.⁹

In any other take a look at, fasting blood sugar stages adults in adults with prediabetes had been decreasing after they ate inside an eight a.m. five p.m. window than from 12 nine p.m. This can be why shift workers whose hours are possibly to be abnormal can be at an extra threat of continual situations like excessive (Low Density Lipoprotein) LDL cholesterol and diabetes. However, those claims are inconclusive. However, the related multiplied threat of continual sickness can be because of an aggregate of negative exceptional sleep, abnormal ingesting patterns, and different factors.⁹

Intermittent fasting

Intermittent fasting entails ingesting inside a particular window regularly eight 12 hours over any time of the day. Thus, it differs barely from ingesting consistent with the frame clock.

Intermittent fasting has been connected to

progressed stages of blood sugar, LDL cholesterol, frame fats, and inflammation. Many intermittent fasting regimens endorse skipping breakfast and having a maximum of food later within the day.⁷

However, a few researchers are aware that ingesting a larger breakfast and smaller nighttime meal may also result in higher blood sugar control, reduced frame fats, and decrease starvation stages. Reducing ingesting window to twelve hours or fewer may also decrease senseless snacking, accordingly reducing ordinary calorie consumption and stopping weight gain.¹⁰

Harms of late-night eating

Fear of weight gain: If eat late every night then will find that are gaining weight. Weight gain can cause many health related problems, so dinner should always be taken at the right time. Especially if are trying to lose weight, then should have dinner at the right time, it can help in keeping digestion right.¹¹

Many people worry that eating late can lead to weight gain, but research is inconclusive. One theory that might support this claim is that the food eaten is burned. The idea is that the body's ability to thrive (also called food induced thermogenesis) varies throughout the day.¹² High in the morning and low in the evening. Restricting meals late at night can also indirectly reduce calorie intake and prevent weight gain. Still, more research is needed.¹³

Harmful for the brain: Eating late-night food can also prove to be very harmful to the brain. According to research, if eat food late at night, then many of its effects can be revealed. It can also affect concentration and memory.¹⁴

Effect on digestion: Eating late at night and then falling asleep immediately can cause problems like acidity, bloating, and pain in the middle chest. Digestion can be badly affected by sleeping late. Eating dinner late can be harmful to health. That's why about 40 percent of Americans suffer from acid reflux, an epidemic that includes symptoms heartburn, indigestion, runny nose, hoarseness, difficulty swallowing, chronic clearing of the throat, cough, and asthma.¹⁵

Depending on the amount and quality of the meal, eating late, especially if going to bed immediately after eating, can increase the risk of acid reflux. Reflux occurs when stomach acid begins to irritate the lining of the esophagus. In the long term, Gastroesophageal Reflux Disease (GERD) can occur.¹⁷ In one study, the study compared the

effects of 6 p.m. to 9:00 PM Meal Early dinners have been shown to reduce symptoms of acid reflux in healthy adults.

Metabolic Syndrome: Numerous studies have shown that eating late or over a wide period increases the risk of metabolic syndrome. Metabolic syndrome is a series of disorders that include insulin resistance, obesity, hypertension, and high cholesterol.⁶ One study evaluated the metabolic effects of a late dinner (9 pm) versus a regular dinner (6 pm) in 20 adults. A late dinner will result in higher blood sugar levels the next morning and less fat breakdown from the meal compared to a regular dinner. In the long term, this can contribute to obesity.

Poor choice of food: Eating late can lead to overeating and choosing quick and easy foods that can be unhealthy, such as chips, candy, and ice cream. In a survey of 104 obese people, 45% chose sweets as their night and night snack.¹⁸

If don't eat enough throughout the day, may end up overeating at night. Reviews found that people who averaged less than three meals a day felt less full than those who ate three or more. Choosing less satisfying meals can also increase appetite. A study of 35 obese men found that eating a substantial diet high in protein and fiber reduced appetite.

The ways for the betterment

If it is a compulsion to eat late, then keep in mind that take such food which can be easily digested. Keep more amount of fiber dinner. Include vegetables and salad in dinner so that there is no problem in digesting food.¹⁹

Avoid eating junk food late at night. Many times it also happens that come from the office and do not feel like cooking, otherwise eat junk food found in the market. Instead of doing this, opt for more healthy nuts or other healthy food.^{20,21} Even if are late eating at night, should note that walk for some time after eating. Even if walking a few steps, do not go straight to bed after eating.^{8,22}

CONCLUSION

Eating late at night can make a victim of obesity, and as we all know, obesity is the root of many diseases. Eating food late at night creates the problem of indigestion, this is because the digestive power works very slowly during the night. I eat food late at night, then it can also cause acidity ie gas problems. Because after eating late at night, the food is not digested by sleeping immediately. It

takes a lot of time to digest food at night than in the afternoon. Also, the body does not feel light. Due to this one does not sleep easily. For this reason, the problem of insomnia gradually starts after eating late at night. Eating late at night can also cause high blood pressure disease, and high blood pressure proves to be very dangerous for the heart. By eating food late at night, the sugar level can also increase rapidly. Especially those who are diabetic patients should avoid eating late night food. Eating late at night can increase the level of cholesterol, due to which the risk of heart attack also increases to a great extent.

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