

Chrononutrition:

When Should We Eat?



What we eat is extremely important, but **when we eat** can be important too.



Chrononutrition explores how our **circadian rhythm** interacts with nutrients and influences our **health**.

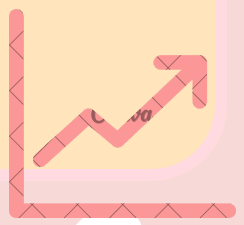
Circadian rhythm is our body's 24-hour **internal clock** telling us when to **eat and sleep**.



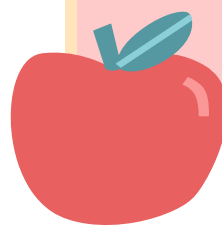
By eating meals **earlier** in the day, our bodies are better equipped to **digest and absorb nutrients**.



Daytime meals won't spike our **blood sugar** as much as **nighttime eating**.



Midnight munchies? Try snacking on foods with **low glycemic index**, like **apples or popcorn!** These types of foods don't raise your **blood sugar** as much as others.



Chrononutrition can influence our **weight** too. Eating during regular **waking hours** may prevent **excess weight gain**.



Chrononutrition affects everyone because we all need to eat! More importantly, **people with diabetes** can use this information as a tool to further **control their blood sugar levels**.



Consult your doctor or dietitian to see if this is right for you.

By creating awareness of our **eating habits**, we can lead ourselves toward a **healthier lifestyle**.



References

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