Nighttime snacking best bets

alorie-conscious individuals may wonder if eating at night or after a ✓ certain time can derail their diets and fitness regimens.

The jury is still out on wheth- orie is a calorie no matter when matter when it is to do so.

er eating at night can pack on it is consumed. That means it consumed. Their the pounds or not, with various doesn't matter if calories are research and data health recommendations contra- consumed in the morning, after- from the Univerdicting one another. However, noon or evening. It is how many sity of Pennsylif one does choose to snack at are consumed and the amount of vania School of night, there may be a smart way physical activity individuals per- Medicine's Cenform that will affect their weights. ter for Weight The U.S. Department of Ag- Conversely, the Academy of Nu- and Eating Disriculture's Weight Control Infor- trition and Dietetics says they're orders indicates mation Network says that a cal- not sure if a calorie is a calorie no that when food

Office in Brownwood



Chris McClish, M.D. Interventional Cardiology

120 South Park Drive Brownwood, TX 76801 325-793-3100

announce that Chris McClish, M.D., has office hours the first and third Tuesdays of each month in Brownwood. Dr. McClish is an interventional cardiologist at Cardiology Consultants in Abilene. He earned his medical degree at The University of Texas Medical Branch in Galveston and completed his residency, internship and cardiology fellowship at the University of Virginia in Charlottesville. He also completed a Fellowship in Interventional Cardiology at The University of Texas Health Science Center at San Antonio.

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is consumed late at night the body is more likely to store those calories as fat and gain weight rather than burn it off as energy. Certain animal show studies that food is processed differently depending on the time of day it

was consumed. But what is a person to do when hunger pangs hit at night and one fears that their rumbling stomach may interrupt their sleep? fitness experts at MyFitnessPal, powered by Under Armour, stick to a snack that is between 100 and 200 calories. Choose a food that is high in protein, fiber or healthy at night. In the meantime, nightfats, which will be more likely to time snackers should choose keep a person satiated through- healthy foods when reaching for out the night. Apples and peanut a late night bite to eat.

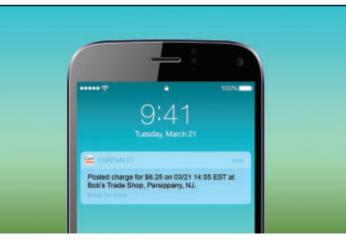


butter, string cheese and fruit, or whole grain crackers and Greek yogurt can be healthy, satisfying nighttime snacks. Avoid sugary, calorie-dense foods, which may According to the nutrition and be hard to digest and can compromise sleep quality.

More studies may be necessary to determine the relationship between body weight and snacking

Many people embrace fasting as an effective way to shed pounds, er option, with one day of having sure in participating individuals. On to 17 years longer in captivity. Rereduce risk for various weight-re- normal caloric intake, followed by average, when compared with the stricting calories may activate genes lated illnesses and improve overall the next with the 500-calorie limit; control trial, those on the 16:8 diet that direct cells to preserve resourchealth. rinse and repeat.

Interest in intermediate fasting is Other fasting plans involve timed lost 3 percent of their weight. In ad- this state, the cells are resistant to growing, and experts offer varying eating. With the 16:8 diet, people dition, their blood pressure dropped stress and illness. opinions about the best and safest eat whatever they like within a pre- by an average of seven millimeters It can take some time for people ways to make the most of this diet determined window of time, typi- of mercury over the length of the to find a fasting plan that works for strategy. cally between 6 a.m. to 6 p.m. They study. them. Before the body becomes ac-Fasting comes in various forms. then fast for the remaining 16. A In addition to weight loss and climated to fasting, headaches, hun-With the 5:2 fast, for example, indistudy published in the journal Nu- improved blood chemistry metrics, ger pangs, low energy, and mood viduals follow a traditional diet for trition and Health Aging and led by fasting may also improve longevi- swings may occur. Eating high-fiber five days of the week. The remain- Krista Varady, an associate profes- ty, suggest researchers. An ongoing foods can help a person feel fuller ing two days are fast days. Those sor of kinesiology and nutrition at study by the National Institute on longer. Consuming plenty of water fast days allow only water as suste- the University of Illinois at Chica- Aging conducted on rhesus mon- also can help. Always consult with a nance, but often include caloric ingo, found the 16:8 diet a successful keys, which share 93 of their genet- doctor before beginning a new diet take that does not exceed 500 to 600 way for obese individuals to lose ic makeup with humans, found cal-regimen. weight. The study also found that orie-restriction diets helped certain calories.



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Health - 7

Fasting for weight loss and better health

ntermediate fasting plans are Lamong today's most popular diets.

consumed 350 fewer calories and es and stall out instead of grow. In

Alternate-day fasting is anoth- this diet helped to lower blood pres- monkeys live anywhere from 14

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