

Tips to curb that late-night snacking

By Tresa Erickson

It's 10:30 at night, and your stomach is growling something fierce. You go into the kitchen, scrounge through the cabinets and grab a bag of potato chips. You head back to the living room, plopping down on the couch and turning on the TV. Before long, you fall asleep and wake up several hours later with potato chip crumbs all over you. You fell prey to the late-night munchies.

Eating late at night does not pile on the pounds unless you consume more calories than you burn off. As long as you keep your calorie intake in line with your calorie expenditure, you can have an occasional late-night snack. You should choose something healthy, however, like low-fat crackers and cheese, or an apple or banana.



If you snack late at night frequently, you may want to take steps to curb the habit, especially if you are gaining weight. There are several ways to go about this. First, sit down and determine why you eat late at night. Is it because you are hungry? Is it because you are bored? Is it because you lack structure?

If you eat late at night because you are hungry, the trick to curbing the habit is to eat more throughout the day. If you only eat breakfast and a light dinner, chances are you will be hungry when 10 o'clock rolls around, whereas if you eat several small meals throughout the day, you will feel full and be less likely to raid the kitchen cabinets.

If you eat late at night because you are bored, find something to keep your hands busy and your

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"be kinder than necessary, everyone is fighting some kind of battle"

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