Carbs after Dark

It’s 10:00 pm and you have been studying for your midterm since you woke up earlier in the day. It’s starting to look like it’s going to be an all-nighter, when suddenly, hunger strikes! You almost reach for a snack before you remember: do not eat after 8pm, you will gain weight. Lucky for you, HDT is here to debunk that myth. It doesn’t matter what time you eat. What matters is how much you eat during the day. Eating dinner at 9pm instead of 6pm will not change how your body digests food; a calorie is a calorie. Eating regularly throughout the day will keep you satiated and less likely to consume excess calories at night.

Most people who indulge in late night eating are generally doing so for reasons other than hunger. What starts as a small snack quickly becomes a late-night feast of fat sandwiches and fro-yo. Instead, remember that healthier, lower calorie options are still available even after the sun goes down.

LATE NIGHT TAKE-OUT DONE RIGHT

Carb Central: Overwhelmed by the pizza and pasta at take-out, but don’t see a salad? Ask a manager, they’ll be happy to provide you with some late night greens.

Pro Tip: A swipes-worth of food is more than a full serving. Share the meal with a friend or save half for tomorrow night’s snack attack.

Savory Substitutions: To cut the fat and calories from your sub, spread hummus on your roll instead of mayo.

Grain Game: Hungry but worried about your whole grain game? Take-out offers whole grain pasta, rolls, and wraps so your hunger and fiber needs can be satisfied.

Vegetarian Probs: Rutgers Dining Services always offers vegetarian and vegan options, even at take-out. The veggie lovers out there need not go hungry late at night.

Dessert Dilemma: If you’re craving something sweet to eat after your late night meal, grab the fruit option instead of cookies.

If we’re not meant to have midnight snacks, then why is there a light in the microfridge?

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Questions? Post on our Facebook (RU Healthy Dining Team), Twitter (@RUHDT), Instagram (@RU_HDT), Snapchat (RU_HDT) or e-mail us at peggyp@dining.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at http://food.rutgers.edu.