

Eat Less & Burn More By Watching The Clock!



A recent study revealed that eating at regular intervals throughout the day appears to help people eat less and burn more calories than eating at irregular times. Stick to a consistent schedule as much as possible, and be sure to keep nuts, fresh fruit, and whole-wheat crackers on hand to munch on when your usual mealtime gets delayed.



Skipping meals or eating at varied times during the day can slow your metabolism and cause your body to hoard fat and calories, all of which can lead to weight gain. A recent study revealed that women who ate meals and snacks at regular intervals throughout the day ate less overall, burned more calories, had lower total and LDL cholesterol levels, and showed improved glucose tolerance.



Keep your energy levels up and your metabolism in full gear by eating a small amount of healthy foods every 2 to 3 hours throughout the day. Pair high-fibre snacks with a bit of healthy fat or protein, such as whole-wheat crackers with cottage cheese or a cup of low-fat yoghurt with a handful of chopped walnuts or muesli. Aerobic exercise, including brisk walking, cycling, and swimming, also will help boost your metabolism.