

Specialists from the University of Madrid, Komfetens, report that eating in early days of day slows down weight gain. Read more about the results of their work in an article published in the Obesity journal.

As part of the new study, a team of scientists conducted an analysis to find out how the time of eating with the genetic risk of obesity and long -term weight maintenance interacts. 1195 adults with overweight or obesity took part in this work. The average age of the subjects was 41 years, 80.8% of the participants were female.



Farhad Ibrahimzade on Unsplash

Scientists calculated the polygenic risk for the body mass index based on 900,492 one - unique polymorphisms and estimated the time of eating.

It turned out that every hour of delay in the meal corresponded to an increase in the initial body weight index by 0.952 kg/m² and an increase in body weight by 2.2% after 12 years (\pm 3 years) after treatment. For those who had the highest genetic risk of obesity, the body weight index increased by about 2.21 kg/m² for each hour of meal delay.

The authors of the study came to the conclusion that the eating time is associated with maintaining lost weight and softens the genetic risk of obesity.

An earlier meal will help you lose weight

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