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Can You Give Me Some Facts About Why Late Night Snacking Is Unhealthy?

Georgia Lauritzen

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A weekly question/answer column

**Can You Give Me Some Facts About Why
Late Night Snacking Is Unhealthy?**

Georgia Lauritzen answers:*

One of the reasons that late night snacking is harmful is that many snack foods we consume happen to be high in fat and may contribute a lot of calories. Snacking in itself is not necessarily a bad thing if foods are selected which contribute to the total diet and don't just contribute additional calories, especially as fat.

- Timing of eating has been studied and a few studies indicate that late night eating may cause greater deposition of fat. Timing may be a factor because we are usually less active physically later in the day and those calories are not burned immediately for energy.
- Late night snacking will not always cause more fat deposition. The bottom line is still that total food intake needs to match total energy output to prevent fat deposition.

* Georgia Lauritzen is Utah State University Extension Food and Nutrition Specialist