

AUGUST 1, 2004

## Eating like a king

Your grandmother knew that you should have a good breakfast. This has been proven in a double blind study published recently. People who eat a higher proportion of their daily food early in the morning have a significantly lower caloric intake the rest of the day than those who eat little or nothing during the morning hours. The study included almost 1,000 individuals who completed a detailed food diary in a week-long study. Two individuals who ate with the participant verified the accuracy of their report.

Meal size increased throughout the day and intervals decreased between meals in those that had minimal morning intake. These individuals were less satisfied by each successive meal as the day progressed. Meals eaten during the morning produced the greatest satiety, while meals eaten in the evening produced the least.

The bottom line, the greater proportion of food consumed during the morning hours, the lower the total intake and conversely. So, eating no breakfast and a large meal late in the day was associated with a marked total increase of calories and the tendency for obesity.

Therefore, one should eat breakfast for a king, lunch like a prince and supper as a pauper. It certainly makes sense to fill up your gas tank before you start an automobile trip, rather than after one gets to their destination. By the same token, if one starts their daily trip of metabolizing, they should certainly fill their tank in the morn-

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ing rather than in the evening when they are ready to wind down. Food eaten after 6 p.m. when physical energy is low or at night when physical energy is minimal causes the caloric content to be deposited in our fat reservoir rather than to burn it as fuel. In our modern society, many folks skip their breakfast or eat minimally, and most consume the worst of all caloric intake, carbohydrates in the morning such as doughnuts or the so-called cereals that are advertised to our kids.

The human body is not made to use much carbs, but rather to consume protein and fat, which are used for our building of our tissue and if need be, what is left over burned for energy. On the other hand, if consuming carbs if they do not go into energy immediately, they are stored as fat for subsequent use. Therefore, over the millennia we have evolved to consume protein and fat rather than carbs. Moreover, in the past, it was survival of the fittest rather than the fattest, and now in the land of plenty (carbs galore), we are producing an epidemic of obesity.