

Eating by the clock: Late-lunchers tend to lose less weight, study finds

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Whatever your diet consists of, the time of day you eat it may play a significant role in how much you weigh, a recent study suggests. The study, conducted by researchers from the HNRCA, Brigham and Women's Hospital and the University of Murcia in Spain, followed 420 individuals who enrolled in a 20-week weight-loss program in Spain.

Subjects were divided into two groups: early eaters (who ate a Mediterranean-style lunch before 3 p.m.) and late eaters (who ate the same lunch after 3 p.m.). Results, which appeared in the January 13 issue of the *International Journal of Obesity*, showed that early eaters lost an average of 22 pounds in 20 weeks, while late eaters lost 17 pounds.

Researchers suspect that [glucose](#) generated by the meals might be processed differently by the body depending on the time of day. Another factor in the weight-loss difference might be that late eaters tend to eat less breakfast, or skip the meal altogether, which goes against most dieting advice.

Provided by Tufts University

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