

Evening preference linked to higher BMI in type 2 diabetes

April 25 2018



(HealthDay)—Evening preference and a later breakfast are associated

with elevated body mass index (BMI) in adults with type 2 diabetes, according to a study published online April 13 in *Diabetic Medicine*.

Hataikarn Nimitphong, M.D., from Mahidol University in Bangkok, and colleagues examined the correlations among meal timing, morning-evening [preference](#), and BMI in 210 non-shift workers with type 2 diabetes. Morning-evening preference was assessed using the Composite Scale of Morningness, while one-day food recall was used to assess meal timing and daily [calorie intake](#).

The researchers found that a higher BMI was correlated with greater evening preference ($P = 0.019$) and with late [breakfast](#) time ($P = 0.053$). There were no correlations for BMI with other mealtimes or calorie intake. Evening preference was significantly associated with late breakfast time (P

"These results suggest that circadian preference and meal timing are novel and possibly modifiable risk factors for obesity in type 2 diabetes," the authors write.

Two authors disclosed financial ties to the pharmaceutical industry.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

Copyright © 2018 [HealthDay](#). All rights reserved.

Citation: Evening preference linked to higher BMI in type 2 diabetes (2018, April 25) retrieved 19 April 2024 from <https://medicalxpress.com/news/2018-04-evening-linked-higher-bmi-diabetes.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private

study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.