

# Evening preference linked to higher BMI in type 2 diabetes

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(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 \(subscription or payment may be required\)](#)

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