



I have read that you should not eat after 7 p.m. if you want to lose weight. Should I skip dinner if I get home late?

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For many, nighttime eating consists of constant snacking, therefore determining a cut-off time may be helpful.

This is also very individual — having a large meal and going to bed is not ideal, but neither is skipping dinner.

Try consuming the majority of your calories during the day and having a lighter dinner, including a good protein source.

This would be best accomplished by being mindful of your meals and snacks throughout the day and will ensure that you are not famished at dinner time.

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<http://beta.docker.poz.com/article/eat-late>