

Effects of Skipping Meals for Weight Loss- Fad Versus Fact

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Skipping meals is a trend now a days and we often come across so many communications regarding this issue and more importantly about weight loss. This trend or craze called as fad is something that develops as an outcome of collective behavior within a culture or a social group. The inclination of people of skipping meals is increasing as it sounds healthy but the real side is eye opening.

What happens when you skip breakfast?

Breakfast is that meal which breaks our overnight fast so that our brain & simultaneously our body can function well. When you skip your breakfast, blood sugar level decreases which eventually reduces your thinking ability. Brain utilizes more than 80% of glucose produced to run efficiently, the minute there is not enough glucose for brain to utilize, body does not give 100% functionality. When we don't eat anything to kill our appetite, our body works at producing cortisol hormone which causes stress, overeating in the next meal and slow digestion which ultimately leads to weight gain or harder to lose weight.

What happens when you skip lunch?

Several hours after breakfast, blood sugar level drops and you get irritable, moody, sluggish and it gets difficult to concentrate. People think skipping lunch may reduce the calorie intake but they actually end up doing the opposite. Without having proper meal, you end up into snacks whole afternoon and feel unsatisfied.

Also, when the body doesn't get enough food, it goes into starvation mode i.e. instead of burning calories, body stores every calorie it receives until next time.

It's not just the brain which requires glucose as the fuel. Body muscles, digestive tract, thyroid and other organs use it too. If you

stay hungry, you will have low energy and will not be able to perform physical activities well. In this case, body shuts down all unnecessary function in order to save energy.

What happens when you skip dinner?

When people skip dinner, period of fasting increases i.e. huge gap comes in last meal of the day & first meal of the day. This is ultimately going to have negative effect on the body i.e. hunger, severe acidity, sleepless nights, fatigued and many more. This could be a reason why people crave for something sweet at night. Thus, instead of consuming small wholesome meal, you end up into filling the stomach with the wrong type of food.

As it's rightly said, every problem has a solution!!!!!!

Skipping meals is not the option when it comes to losing weight neither breakfast & lunch nor dinner. So, as a basic rule - In place of skipping meals consume small portions of wholesome food. Eat between every two hours. Consume food rich in protein and fiber. For snacks, choose healthy ones like protein bars, yogurt, multigrain chips (non-fried ones) etc.

As breakfast gives chance to the body to get vital nutrients (carbs, proteins, vitamins and minerals) from foods like dairy, grains, fresh fruits and vegetables. Those who aren't doing this not getting enough nutrient for body to function. Therefore, don't skip breakfast as it is the most important meal of the day which actually decides the entire day functioning. Coming to lunch, don't include foods rich in fats which can make you feel sleepy afterwards. Either consume healthier fats like MUFA or PUFA. Include whole grain chapati and proteins like pulses. Also include some vegetables. For dinner, early you have better it is. Eat a light dinner and stay awake for at least 2 hours after dinner. Do not load the body with fatty food which slows down the metabolism during night time and the body by next day.

Also, when it comes to losing weight it's very important that along with consuming healthy, wholesome and nutritious food, you work out also. Combining both of these will ultimately result into a healthy food.

Last but not the least, I would like to conclude that don't follow a trend until you know completely about it. As this FAD can actually make you FAD+E = FADE away. Thus, the real fact is skipping meals doesn't help out the body in losing weight instead will cause weight gain.

Remember the basic rule- Have small frequent meals which will stop you from over-eating. EAT RIGHT, EXERCISE and STAY HEALTH.

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