

Mandy Smoot

Potty Mouth Fall '09

Do You Suffer From the Late Night Munchies Syndrome?

The late night munchies syndrome tends to happen around 9:30 p.m. after you have already eaten dinner. In reality, you have already consumed enough food to satisfy your belly until breakfast the next morning. However, despite the fact that you are not hungry, you still get the munchies!

There are many reasons why you may “think” you are hungry. Some people look for something to eat just because they are bored, while others crave something sweet! Either way, it can develop into a very bad habit. Maybe you continue the vicious cycle because you simply cannot help yourself. Or, perhaps you would rather feel sick to your stomach than have that fidgety, needy feeling. Regardless, this bad habit has the potential to contribute to extra fat that your body does not need, which may result in unwanted weight gain. Cutting too many calories throughout the day can cause you to become extra hungry by dinnertime (Reuters). Since you are twice as hungry, you are more likely to make poor food choices.

According to LifeScript Staff Writer Jennifer Gruenemay, “Eating a seemingly paltry 100 extra calories every night can add up to 10 lbs of unwanted fat in just one year!” In addition to consuming extra calories, you are more likely to skip the most important meal of the day—breakfast. This is because the next morning you find yourself still full from the night before (Gruenemay).

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You need to really stop and think about whether you are actually hungry, or if you are just craving something to eat for another reason. Most of the time you will discover that you are not really hungry at all.

Try planning ahead to keep yourself preoccupied with something else besides reaching for another snack in the pantry (Platero). Plan evening activities like taking a walk or going to the gym. Staying busy will help you limit extra weight gain as well as develop a healthy, active lifestyle routine. Clearing out all of the junk food from your pantry and restocking it with healthy snacks to munch on is also helpful.

In sum, starting your day off with a healthy breakfast should help you from taking a trip to the vending machine before lunch. Eating a normal lunch will not make you twice as hungry at dinnertime, which will break you free from the vicious cycle of the late night munchies!

In the long run, you will feel better about yourself. Most importantly, you will be happier and healthier (Spano). You might even find yourself to be more productive because you will be spending your time on activities other than munching on unhealthy snacks. So stop feeling sorry for yourself and start waking up feeling fantastic!

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