

# THE BODY EAT FIT/NOT FAT

PART THREE:

## EATING AT THE RIGHT TIME

WRITER: LORI ESAREY

If you have been working hard to lose body fat and have focused on the facts shared with you over the last two months — eating the *right food* in the *right amount* — and you have not seen a difference in how your clothes fit, consider the third ‘right,’ *right time*. You have heard that timing is everything, and now that principal can be applied to food, too.

Think about food in the same way gas is to a car; food is fuel for your body. When you don’t eat, skip meals, go longer than three hours between meals, or fail to eat enough for your activity level, you are forcing your body to stall out, conserve energy, hibernate, and slow down the burn. This behavior is counterproductive. The calories in vs. calories out principal is old science, and if you continually allow yourself to fall into that trap, you will find yourself malnourished, out of energy, and feeling deprived and hungry, which will not help you reach your goals.

### RIGHT TIMING TIPS

1. Eat within 30 minutes of waking up. To burn fat, you must wake the body up and eat. Digestion is an active process and fuels the brain and body.
2. Eat about every three hours throughout the day and sometimes more often, depending on your activity level. The more active you are, the more the body needs. A meal is defined as anytime you put food in your mouth. When eating, make sure to eat the right foods. Avoid junk and empty calories.
3. If you are hungry, eat, but remember that hunger and cravings are different. Since protein is a natural appetite suppressant, respond by eating protein. If you feel hungry too often, you may be eating too much sugar, simple carbohydrates, and fruit and not enough protein. Therefore, eat some protein, drink water, and wait.
4. Don’t go to bed hungry or stuffed. Eating within two hours before bedtime is okay if you eat the right foods. A combination of simple carbohydrates with a little protein like nuts may be just what you need to sleep better.
5. Eat before working out and then eat protein within 30 minutes after finishing for recovery. Muscles grow in recovery, not in the active workout. An effective workout is one that is fueled before and after.

In order to reach good health, always remember to eat the *right food* in the *right amount* at the *right time*. Failing to look at any of these three will result in the accumulation of fat and certainly keep you from achieving your health goals. By keeping it simple and being mindful of these three rules, many have achieved improved health and vitality.

### BE AWARE

- SKIPPING MEALS.
- NOT EATING BREAKFAST.
- WORKING OUT ON AN EMPTY STOMACH.
- IGNORING HUNGER.

### BETTER WORKOUT RECOVERY REQUIRES FOOD.

- In the absence of food, protein powders are an option. Read your labels well and look for fillers, sugar content, and other ingredients that are not healthful.

### CARRY GRAB-AND-GO FOODS TO SAVE TIME.

- Consider cutting up vegetables, nuts, seeds, and fruit.
- Meal replacement shakes, depending on their content, may help in a crunch.



### BEST

#### EAT AFTER WAKING UP.

- The ideal breakfast is a protein and healthy carbohydrate like an organic egg omelet with vegetables or a green drink smoothie with greens, protein powder, and fruit.
- Eat when hungry and at least every three hours.
- Eat before and after a workout. Whole foods are best.
- Take your time eating. Don’t rush!



**LORI ESAREY, ARNP, CFT** opened Total Nutrition and Therapeutics in 2007. Several years later, she started a second company, Vitality Wellness and Aesthetics. Her passion is empowering people of all ages to achieve optimal health. She earned two master’s degrees from the University of South Florida in nursing and nutritional and metabolic science. She is also board-certified in anti-aging and restorative medicine.