

DIET MYTH #17



Eating after 7p.m. causes weight gain.

FACT: Eating after 7 p.m. (or any other time) won't cause weight gain, as long as you don't consume more calories than you burn. Eating small portions of the right foods in regular intervals throughout the day (every three hours) helps keep your metabolism running high, which makes your body much more efficient at burning excess body fat.

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