

Ultimate Late Night Snacking Guide



No longer be afraid of late night trips to the fridge or pantry.

Understand why your brain wants to show up at the drive-thru at midnight.

No more self sabotage as you empty bowls of nuts and pop corn while watching your favourite shows.

Never clean up wrappers of chocolate bars and potato chips from under the couch again!

Snacking Rituals

Are you a late night snacker? Headed to the fridge when everyone is in bed and dinner has long been served? If you want to change your habits you have to learn about what your habits actually are and why you do them. So let's get specific, what are your late night snacking rituals?

Which of these do you most identify with?

- As soon as the pj's are on the next stop is the kitchen
- Always have a bowl of something when watching tv or scrolling
- Late night snack 3-4 times a week
- Only snack on special occasions
- It's very rare to snack
- Other write down what you think below

What are your favourite late night snacks?

Sometimes when we eat late night snacks it can be because of the way they make us feel, below are some of my favourite snacks and I have listed the reasons why I like them. I want you to do the same things below. List what your favourite snacks are and then I want you to answer the question: If your late night snacks were friends how would you describe the relationship you have with them?

Popcorn

- fun and lightweight
- easy to eat mindlessly
- able to add extra or can be eaten plain
- doesn't take a lot of preparation
- familiar smell
- floods lots of memories from childhood and beyond
- lots of comfort

Nachos

- special treat
- takes some preparation
- can be simple or lots of extra preparation
- gooey and yummy
- need to eat quickly or it loses it's cheesy gooey flavour

Apples and Cheese

- feels like you are being healthy
- keeps your hands busy
- crunchy yet sweet (apple)
- creamy and satisfying (cheese)
- pair well together

Potato Chips

- crunchy
- salty and satisfying
- easy to eat
- no prep or clean up

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Why are you snacking?

If you want to late night snack but you are unhappy with your weight you must ask yourself this one simple question. Why are you turning to the snacks? I want you to answer the questions below without judgement of yourself having the most compassion for you.

What is the thought (T) right before you find yourself at the fridge or the pantry?

Let's talk about what is happening when you return to the kitchen at night. For this guide I am working with the understanding that you are not working a night shift and that you ate at regular times during the day.

What does Weight Loss Science say about snacking?

- 1.Weight loss is not about calories in and calories out.
- 2.Obesity is hormonal rather than about calories. When hormones aren't balanced, you gain weight and keep it on.
- 3.Insulin is the fat-storage hormone. Every time you eat, insulin increases and signals to the body to store some of the food energy to use for later. This is how humans have survived through famines and food shortages.
- 4.Every time you eat insulin is activated. Too much insulin creates insulin resistance which leads to Type 2 diabetes and obesity.

Important Definitions

Here are some important definitions you will need to know as you learn about your late night snacking habits, we will discuss each one below.

Circadian Rhythms

Circadian Rhythms are repetitive, predictable, cyclical changes in behaviours and hormones over 24 hours. Animals are great examples of this as some are nocturnal. Almost all hormones, including growth hormone, cortisol and parathyroid hormone, are secreted in a circadian rhythm. Circadian rhythms also govern insulin, which affects weight gain, and ghrelin, which controls hunger—leading to practical implications for eating patterns and weight loss.

Insulin and Nighttime Eating

In Palaeolithic times humans hunted and ate by day and when the sun went down we went for cover and didn't eat at night. One study showed there were 2 groups of overweight women who were randomly assigned to eat a large breakfast or a large dinner. Both ate 1400 calories per day; only the timing of the largest meal was changed. The breakfast group lost far more weight than the dinner group. The dinner group had a much larger overall rise in insulin. This study has been backed by several similar studies.

Weight gain is driven by insulin, the higher the insulin response in the evening.

Hunger and Circadian Rhythms

We are the least hungry at 7:50 am and then most hungry at 7:50 at night but the insulin response is greater at night and so you will gain more weight.

Translation of the Science

When you eat at night you will gain more weight. Even if you eat the same amount of calories your body will gain more weight. So let's take a look at the snack. We are turning to the snacks for comfort, for entertainment, for pleasure, for connection, for a dopamine hit.

Now this is where the good part comes in- you get to create all of that for yourself. I will help you out, but I want you to come up with some of your ideas also.

Instead of snacking I can create...

This is how I create comfort:

1. I bring some hand work to do when I am watching a show or in the car.
2. I think of three things I appreciate about my life.
- 3.
- 4.
- 5.

This is how I create my own entertainment:

1. I look at pictures of my past and think about the memories.
2. I call a friend and catch up.
- 3.
- 4.
- 5.

This is how I create my own pleasure:

1. I look through my stash and reminisce about all the fabric and start pulling for a potential quilt.
2. I pour myself some herbal tea and get a fabulous book, get cozy and read without guilt for taking time to do this when I know that the kitchen cupboards could be re-organized.
- 3.
- 4.
- 5.

Translation of the Science

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Instead of snacking I can create...

This is how I create my own connection:

1. I write in my journal.
2. I see how my quilting has improved and take note of all the areas I have improved.
- 3.
- 4.
- 5.

This is how I get a natural dopamine hit from myself:

1. I go for a walk and enjoy nature.
2. I pay some bills and appreciate that I can be independent.
- 3.
- 4.
- 5.

What we NOW KNOW.

1. Snacks are like friends that fill a void
2. Weight gain is proven to be worse at night
3. You can fill your own needs without putting anything in your mouth

Now that you have this knowledge, what do you want to do?

1. Eat at night and gain weight
2. Use willpower and deprivation then binge with food
3. Learn how to think differently and snack less often
4. Create your own emotions and never have to snack again at night

Dara's Recommendations

Snacking is always a social event. You are turning to the food (external source) to fill an internal need. This creates a dependency on food which is a codependent relationship. You are giving up control and freedom to create your own happiness.

Say goodbye to late night snacking and say hello to all of the ways you create your own comfort, joy, connection, dopamine hit, entertainment and pleasure.

Want help and support to gain this freedom over food and the ability to create whatever body you want? Love Yourself Thin is a lifetime membership where you will get all of the support you need to kick the late night habit.

www.daratomasson.com/love-yourself-thin/

Join my lifetime membership where you will learn how to truly LOVE YOURSELF THIN!

