Skipping dinner for weight loss? Be ready for these 7 side effects

It is quite a common notion among people that skipping meals will lead to weight loss. The truth, however, is exactly the opposite. Skipping meals can be bad for your health and may even make you gain weight because it deprives your body of nutrients. And it's not just missing breakfast and lunch that is harmful; there are many side effects of skipping dinner as well.

While missing meals occasionally won't harm you much, but doing so frequently is risky. So, eat a light supper rather than skip it entirely.

A study published in Journal of Clinical Endocrinology and Metabolism of the Endocrine Society also says that "a heavy breakfast and light dinner" regime can help you stay fit and fine. It can also prevent obesity and high blood sugar.

WHAT HAPPENS WHEN YOU SKIP DINNER TO LOSE WEIGHT?

Dr Divya Gopal, nutritionist, says, "You need to rethink the conventional weight loss advice that tells you to take care of calories, which people often misunderstand as skipping calories. Skipping meals, especially dinner, can be pretty rough on

your health."

SIDE EFFECTS OF SKIPPING DINNER

Energy levels will go down: Low calories mean your body has less fuel to keep the machine going. A lack of sufficient calories will leave you exhausted.

Can affect your body's in-built hunger cues: The release of leptin hormone tells your body to stop eating when you are full, while the ghrelin hormone lets you know when you are hungry. These hormones will not work properly if you choose to ignore your body's hunger cues. Serious cravings for sugar and carbohydrates: Strong cravings are a consequence of ignoring your body's hunger cues and having low blood sugar levels. You will start to crave more sugar and carbohydrates as they are both known for giving quick bursts of energy. And you are making your body settle for the bare minimum.

Irregular digestion: Skipping dinner can lead to nausea, diarrhoea, or even constipation. You may fall into a vicious cycle of skipping meals and then binge eating.

High risk of eating disorders: People who skip meals are more vulnerable to eating disorders like anorexia, bulimia, or even orthorexia.

Affects sleep cycle: Skipping dinner regularly can affect your sleep cycle to such an extent that you can even become sleep deprived. Sleep deprivation can have adverse effects on your immunity, mood, energy and metabolism.

Anxiety troubles: Those who often attempt to skip dinner may develop a nighttime eating habit, most likely junk food. Furthermore, eating junk food raises cortisol (the stress hormone) levels in the body, which increases the risk of mental health problems.

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