



# Meal Timing

## Data from the AHA

1

### Breakfast

The Bogalusa Heart Study showed that 74% of breakfast skippers did not meet two-thirds of the Recommended Dietary Allowance for vitamins and minerals compared with 41% of those who consumed breakfast.



2

### Lunch & Dinner

According to the AHA, using time of day to define lunch and dinner isn't appropriate because of cultural differences. The AHA defines meals as containing at least 210 calories and any eating occasion with less than 210 calories as a snack. Eating more meals and fewer snacks is associated with healthier food choices that include more fruit, vegetables, whole grains and lean protein sources.

4

### Meal

#### Timing

Timing meals and snacks to fit within 10-12 hours, (like 6am to 6pm) may help promote weight loss as well as decrease cardiovascular risk.



3

### Meal Frequency

The AHA concludes that there isn't enough evidence to prove that changing the number of times we eat has a significant impact on weight or CVD risk factors such as blood pressure, triglycerides, cholesterol, and blood sugar levels. The key isn't the number of times we eat, but rather what we choose to eat.



5

### Intention

The AHA scientific statement encourages an intentional approach to eating. Plan meals and snacks for specific times throughout the day to manage hunger.

