

From: Karyna Shuliak - [REDACTED]
Subject: No more micro meals! New study says eating two meals a day - as opposed to several small meals - yields more weight loss | Daily Mail Online
Sent: Friday, February 19, 2016 5:01:23 PM
To: Jeffrey <jeevacation@gmail.com>
[article-2347114-1A795E01000005DC-844_634x951.jpg](#)
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<http://www.dailymail.co.uk/news/article-2347114/No-micro-meals-New-study-says-eating-meals-day--opposed-small-meals--yields-weight-loss.html>

Eating two large meals a day helps you lose more weight than grazing on small portions, study finds

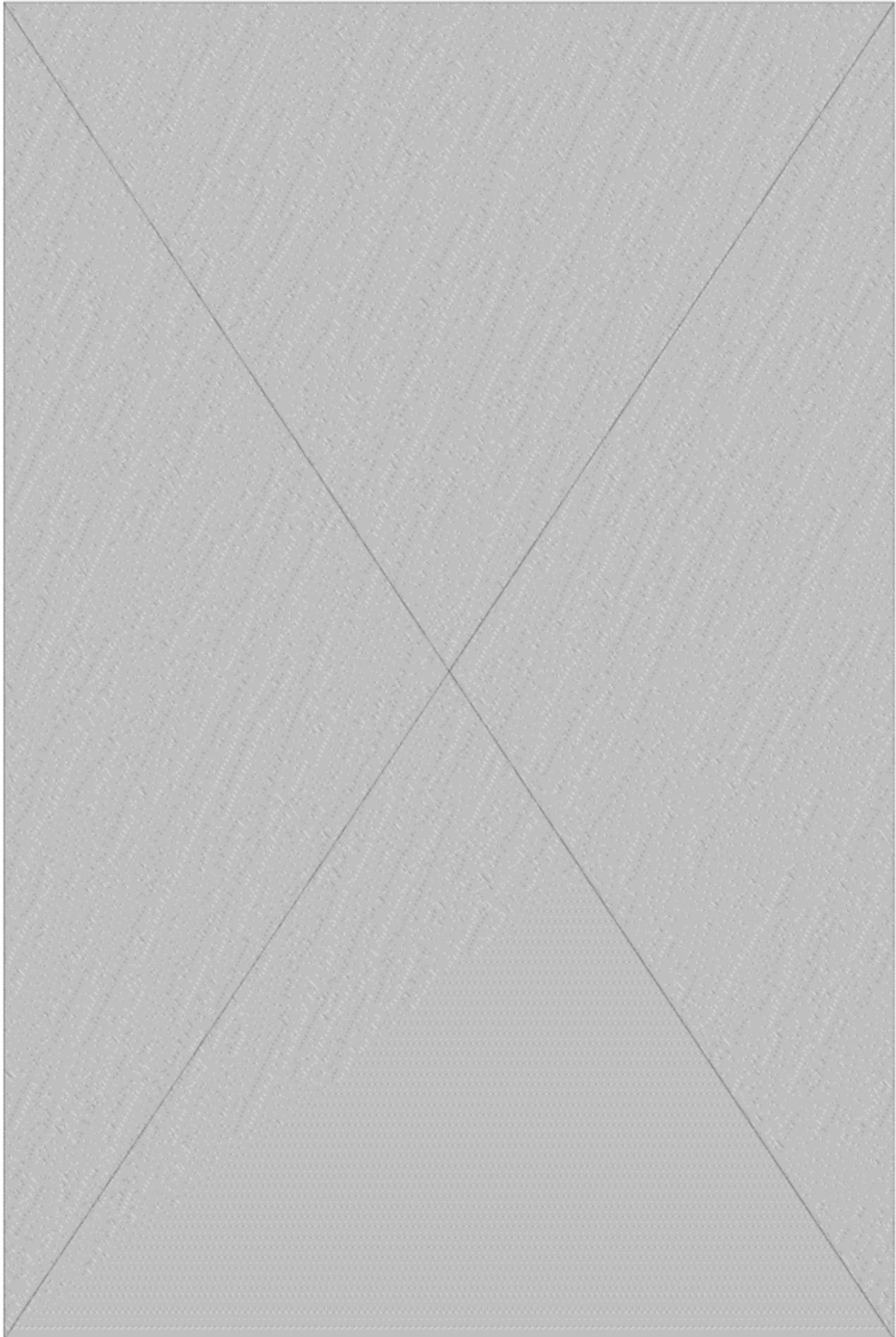
By [Ashley Collman](#)

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It looks like less really is more when it comes to weight loss.

A new study presented today at the American Diabetes Association meeting in Chicago found that eating just breakfast and lunch, as opposed to six small meals throughout the day, was more successful at lowering body mass index - a measure of body fat based on height and weight.

This new method for weight loss could be hugely helpful in the U.S. where more than a third of adults are obese.



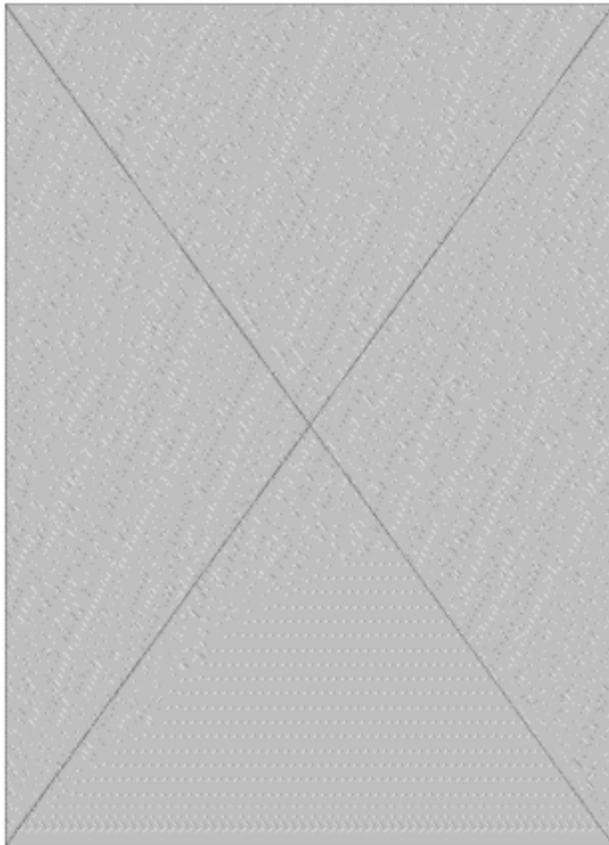
New method: A new study says that eating just two meals a day, breakfast and lunch, helps reduce weight more than a diet of six small meals a day

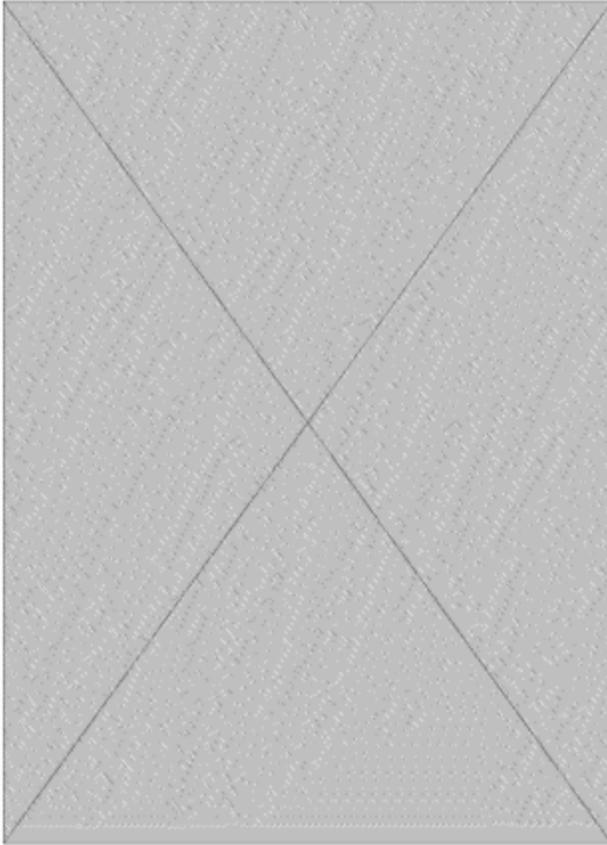
The study tracked 54 people with Type 2 diabetes over a period of 12 weeks.

Those who just ate breakfast and lunch lost an average of 1.23 points in their BMI, while those who ate six small meals throughout the day only lost 0.82.

Eating two meals a day produced greater decreases in liver fat content, while there was a bigger increase of insulin sensitivity with the six-meal diet.

'Our results support the ancient proverb: "Eat breakfast like a king, lunch like a prince and dinner like a pauper,"' one of the study's researchers, Hana Kahleova, said in the presentation.





Reduce: The study also points out that time of day is an important factor for eating. Eating during breakfast and lunch hours was more helpful for weight loss than late in the day meals

Kahleova is a researcher at the Institute for Clinical and Experimental Medicine based in Prague, Czech Republic. The study was sponsored by the Czech Republic's Ministry of Health.

Other important factors in the study include the timing of the meals. Kahleova says breakfast should be eaten between 6 a.m. and 10 a.m., and lunch between 12 p.m. and 4 p.m.

This backs up the commonly held belief that skipping breakfast is harmful to weight loss.

'Eating breakfast and lunch is more beneficial than skipping breakfast and eating lunch and dinner, because the fat deposition is bigger in the afternoon and after the evening meal,' Kahleova said.