

Make the Evening Meal Smaller and Eat it Early to Reduce Diabetes Risk

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The objective of this editorial was to describe a metabolic phenomenon or smaller and early evening meals through which modern humans can reduce risks of diabetes and metabolic disorders. Principally, glucose tolerance decreases towards the end of day. Thoughtfully, appetite increases at the same time. Recent contemplations and publications have emphasized the necessity of evening exercise as a means to improve insulin action and reduce diabetes risk [1-7]. Evening avoidance of large evening meals can help the resting body tolerate nutrient loads when metabolic capacity for metabolism declines substantially [6]. In addition, morning eating and evening exercise have been recommended as effective strategies to prevent cancer [7]. Logically, human activity begins in the morning when metabolism proliferates. As a result, different body organs, especially brain and peripheral organs, are capable to utilize considerable loads of nutrients and metabolites. In contrast, evening and night are the times when cells are not welcome to increased metabolites loads. As such, reduced glucose tolerance and insulin sensitivity occur.

Therefore, it is recommended to consume the evening meal as early as possible and not later overnight. It is also advised to make the evening meal smaller and lower in meat and fat. In other words, instead of meat and animal fat, plant derived foods, fruits, and vegetables should be consumed in the evening. Excluding the entire evening meal from the daily eating regimen may not be idealistic, but it requires future substantiated research to be well elucidated. The importance of these premises and recommendations increases as human age increases because glucose tolerance tends to decline with age in response to the same food meals. Indeed genetics is of significance as well. Future research should also investigate whether increasing afternoon and evening meal frequency (i.e., eating multiple small meals) can be a helpful strategy or not. Uncovering the favorable type of food in such research would be of interest.

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