

# time restricted eating

## What happens when we eat?

When you ingest food some is used for immediate energy and some is stored for later use. The key hormone involved in both utilizing and storing energy is insulin, which rises during meals. Both carbohydrates and protein stimulate insulin. Fat has a much lesser impact on increasing insulin levels, but fat is typically not eaten alone. When you are continuously eating, especially carbohydrates, insulin will remain elevated, which is detrimental to your health.

## What is Time Restricted Eating?

Eating for your metabolism only during a specific window of time. Time restricted eating is not to be confused with calorie restricted eating. You are still eating for your individual metabolism, but you only consume calories during a certain window of time which helps keep insulin quiet.

## How to perform Time Restricted Eating?

Time restricted eating is easy and can be modified for every individual. You just choose a certain number of hours during the day in which you will consume all of your calories each day.

Here is an example of a 13-hour eating window: You eat your first meal of the day at 7am and continue eating until 8pm. By implementing time restricted eating you would decrease the 13hour window to 8-9hours. This would remove one or two meals or snacks during the day. Using 6-10 hour eating windows each day seems to elicit the best health responses.

## What are the Health Benefits of time restricted eating?

Some of the benefits of time restricted eating include, weight loss, increased heart health and lower blood sugar levels, which will decrease your chances of developing pre-diabetes, Type 2 diabetes and metabolic syndrome.

## Summary:

Time restricted eating requires you to focus on when you are eating rather than what you are eating. If increasing heart health and decreasing blood sugar levels are your priority then utilizing time restricted eating could be a perfect tool for you.

