
Ask a nutritionist

I often stay at work until 10pm. At what point should I just skip dinner and go to bed?—R. Barry, LES

“Consistent adherence to meal timing is one of the most important ingredients of maintaining a healthy lifestyle,” says Julie Marx, registered dietitian and director of the nutrition program at YogaWorks (yogaworks.com). As she explains, “Eating a meal within an hour of bedtime may make you sleepy, but it also triggers a high insulin response from your pancreas, which stimulates fat storage.” On the

other hand, you should never deprive yourself of food when you’re hungry, Marx insists: “Ignoring hunger cues induces a starvation response, causing your body to metabolize muscle while you’re sleeping.” The solution is to avoid being hungry when you get home. Though ideally you’ll consume most of your meals before 6pm, this isn’t exactly a reality for most New Yorkers. Instead, choose a light snack before bed: hummus with veggies, a cup of brothy vegetable soup or an apple with a handful of almonds.