

## Sid Dukes's answer to What food should I not eat at night?

[Q quora.com/What-food-should-I-not-eat-at-night/answer/Sid-Dukes](https://www.quora.com/What-food-should-I-not-eat-at-night/answer/Sid-Dukes)

10 foods to avoid a lot before going to bed at night



There are foods that specialists strongly recommend to avoid at night before going to bed.

Reason: All the foods below, once eaten at night, can affect your body shape, your height and other vital parts of the body.

1. The cheese



The cheese is very easy to eat and contains fats.

It must be consumed in moderation.

it is high in saturated fat and cholesterol, and consuming it can increase your risk of heart disease.

Publicity

## 2. Citrus fruits



Too much fruit can lead to too much gas at night, and makes digestion more complicated by fermented sugar.

If you have to eat fruit before going to bed, try not to consume more than one cup.

## 3. Spicy food



Spicy or hot foods stimulate your senses, and they have the ability to give you heartburn or contribute to a stomach ache, and no one wants that once in bed.

#### 4. Fatty foods



Pizza, burgers and potato fries are succulent but they are not good for your body at night.

They can disrupt your digestive system and make you gain weight.

You will feel uncomfortable the next day.

#### 5. Red meats



Red meats are difficult to digest.

That's why you should not eat them at night.

It will be very difficult to fall asleep if you eat red meat directly before bedtime.

#### 6. Cereals



It is very difficult to follow the recommendations of the departments responsible for cereals, so if you pay attention to your weight, it is better to eat them in the morning, but not late at night.

#### 7. Vegetables



You are probably shocked that vegetables are on the list.

Some vegetables are not ideal to eat before going to bed.

Celery, for example, is a diuretic.

A diuretic increases the rate of urination.

It is counterproductive to eat these types of vegetables, because you will wake up more than usual at night to use the toilet instead of a good rest.

#### 8. Junk food



French fries and salsa, popcorn, and all these other comfort foods.

Drop.

It does not help you sleep well, lose weight or be healthy.

## 9. Sweets, Desserts



Avoid this ice cream cone, the candy bar, or that piece of chocolate, because they are disruptive before bedtime!

Yes, these things can be considered comfort foods, but these same comfort foods are loaded with fat!

Sugar keeps you up too long!

This is not the type of combination you want while you have to go to bed!

## 10. The Bread



Unless you are trying to gain weight, eating bread before going to bed is not a good idea at all.

The carbohydrates in the bread can starve you at night, and make you eat too much.

