

Is Eating on the Clock Worth the Time?

SOT

Jessica Manginelli, OSF HealthCare Dietetic Intern

“Calories are calories, and it doesn't really matter what time of day that you're having those. I think what's more important is the quality of the calories and making sure that you are eating in a way that feels good for you, and not trying to follow any arbitrary rules of, ‘Oh, I can't eat past 8pm, or maybe I should skip breakfast so I can have things later in the day.’ I think trying to follow all of those fad diet kind of rules makes eating so much more complicated. And it doesn't need to be that way.” (:28)

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“Sustainability is one of the most important and integral pieces of nutrition in general, and that is really where these fad diets miss the mark. So think about - what does my lifestyle look like? Does it look the same every single day? Does my Monday through Friday look the same but my weekends are different? And if you're trying to follow something with such rigid rules, you aren't going to be able to live a life that's comfortable without having extra anxiety associated with food.” (:26)

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Jessica Manginelli, OSF HealthCare Dietetic Intern

“Whether it is adding a little bit more water, or adding a little bit more vegetables, these small changes really add up and they help you feel successful, so that you're not just constantly frustrated. They help you feel like you actually are making progress instead of doing 10 changes at once for a week and then not feeling like you can actually keep it up.” (:20)