

# Balance365 Episode 32 Transcript

Annie: Welcome back to Balance365Life radio. Today we have a short but information-packed episode in which Jen, Lauren and I do a little mythbusting on three well-known nutrition rules.

If you've listened to past episodes you know that we care less about rules and more about offering guidelines and if breaking rules helps you find balance in food and fitness, then we're all for that. Besides, we know as busy women you don't have time or energy to waste putting an effort to changes that don't really matter or don't even work. Today the three of us share the truth behind these rules and most importantly how to get the most bang for your buck when making changes to your nutrition.

But first, I want to remind you that we are just getting started in our popular Power Bowl Challenge and it's not too late to join. Our free fourteen-day challenge is guaranteed to help you feel nourished, have more energy and learn health, wellness and fat loss strategies that actually work for busy women. Inside the challenge you'll find Power Bowl recipes that are members rave about (no cooking necessary), a meal prep guide, prizes and a private Facebook community of almost forty thousand busy women who get it and are there to cheer you on. You can sign up at [PowerBowlChallenge.com](http://PowerBowlChallenge.com) today. All right, let's get going

Jen and Lauren, welcome back to another episode. How are you guys? Jen, what are you up to?

Jen: Working today. All day. We've got our Power Bowl Challenge coming up and I am in charge of the new recipes and taking photos, so today I have I'm cooking two power bowls today or creating two power bowls and taking photos. I did the grocery shop last night so I'm ready to go.

Annie: And by the time they're listening to this the Power Bowl Challenge will be on full effect so if you haven't joined already, join at [PowerBowlChallenge.com](http://PowerBowlChallenge.com)

because you have a new recipe, I don't want to give away too much, but I guess they will already have maybe gotten it by then.

But we're trying to be all, like cool and stealth-like, we're pre-recording podcast episodes but you have a Bavarian Bratwurst Power Bowl, is that what it's called?

Jen: Yeah and it's really good, I mean, we have eight different recipes with a meal prep guide for everyone to choose from and if you're late to the challenge, that's OK, just go to the link that Annie mentioned and sign up, you'll still get the recipes and you'll get all the catch up emails for the challenge because they're really good recipes and the Bavarian Bratwurst Power Bowl is, I guess, a little on the heavier side, but as we move into fall I think a lot of people gravitate more towards warmer meals and heavier meals and stuff, it's still a really well balanced meal but it's just more like having like-

Annie: Meaty.

Jen: Yeah, well it's got turkey bratwurst and then all the all the fixin's. So if anyone is like Eastern European, Ukrainian, German, they'll probably be really excited for that Power Bowl.

Annie: I am not, but I'm equally as excited.

Jen: Right.

Annie: Because anything anything with like a brat or a brat-like thing and sauerkraut.

Jen: Yeah, yeah it's got sauerkraut, which is not on everyone's thing, but yeah, it's really good. I really like it. I'll be making it regularly.

Annie: I'm pumped. Lauren, what are you up to?

Lauren: Just getting back into the swing of things. I thought you guys might fire me after our move because I was so stressed out but I'm so excited to be like back to work. You don't even know.

Annie: Yeah, congrats on the new house.

Lauren: Thank you. I'm never doing it again.

Annie: The background of your bedroom looks amazing.

Lauren: Thank you. My bed is not made. I'm sitting in my bedroom.

Annie: I'm also sitting in my bedroom. We're super professional.

Jen: We've had so many sound issues but you two have both moved this summer and people don't understand if you podcast or listen to podcasts, if you get a really crisp-sounding podcast, that takes a lot of work and intention and I feel like we've all found good spots in our homes to record before. I actually moved last summer and before I moved, I used to record inside my walk in closet because it just had you know carpet and clothes all around me so the sound was really good, but you know you two have both moved and we've kind of had sound issues.

It's just taken us a little bit to work out the sound issues around those moves, so yeah, it really does bedrooms are a good place to record because they have, you know, lots of carpet.

Annie: Fabrics.

Jen: Fabrics and just things around you to absorb any echoes and I record now in my office. My office is super tiny and has carpet and yes, I think we have figured it out, ladies.

Annie: Knock on wood, the last podcast it took us three times to record.

So hopefully we've nailed it down to what works and what doesn't but today, I'm happy to have you both here today, because today we want to discuss three nutrition rules you should consider breaking. And the word rules usually doesn't float well in our community because we're very much a "do what works for you" and that's what we want to spend our focus on, so we kind of stay away or shy away from rules or making rules for our members and more provide guides or suggestions.

Jen: Guidelines are a fact of life and if you are looking to improve your overall diet, guidelines are just a fact of that. So nutrition is a science and this has been studied and you know there's lots of different studies and there is best practices around nutrition.

But you don't have to make those rules, you know. Nutrition should be something that's flexible, like not every meal is like a do or die, so we give guidelines in Balance365 and then we show different ways to be flexible with that guideline and figure out how that particular guideline, whether it's around protein or carbs or fat or meal frequency, how to make that work for you if that particularly one guideline doesn't quite work for you, how you can be flexible with it and still improve your overall diet.

Annie: Absolutely. Well said. So let's get right into it, should we dive into the first "rule"?

Jen: Yes.

Lauren: Yes.

Annie: That is "Eat tiny meals" which I think is appropriate for the Power Bowl Challenge. And we'll get into that in a little bit, but most people are eating tiny meals because, you guys have heard that rule, right?

Lauren: Of course.

Jen: I feel like this is Lauren's favorite rule to spout off about, you know.

Annie: I know, Lauren is like a caged lion over here, like let me at it, let me at it, but the truth is, most people are doing this like, you know, six small meals or tiny meals, whether you're eating frequently or not, eat small meals in hopes of fat loss or weight loss. But studies have reported that there's no evidence that weight loss is altered by meal frequency. Lauren, help us out with this. This is debunked. We can debunk the "eat tiny meals for fat loss" myth, right?

Lauren: Yes and it's just it's like one of the most iconic myths, like as soon as you are looking to change your nutrition habits, right, like one of the first things you're always going to hear is "Eat every three hours" but studies have proven that there's no evidence for that and actually, the opposite is true. So, not only does it do nothing for your metabolism, but studies have shown that if you eat the same amount of calories in a couple of larger meals versus many small meals throughout the day, you actually are hungrier, the more meals you eat with the same amount of calories, if that makes sense.

Annie: Yeah, you can inhibit your ability to ever really fully experience fullness or hunger if you're dividing your meals up because really what it boils down to is the total calories consumed versus the total calories expended, that's really what equals that loss or weight loss, so we don't need to be concerned, or you don't need to concern yourself with your frequency of your meals.

Jen: Yeah and not everything can be about fat loss, we have a couple women in Balance365 who have I.B.S. and they find, the reason they eat smaller meals is because very large meals, they have learned can trigger I.B.S. symptoms, so again, there are guidelines, but you still have to do what works for you. We just want to dispel any myths around the reasons people might choose to do something.

Annie: Absolutely and you know, the reason why I think this is appropriately a time to the Power Bowl Challenge is because our goal with the Power Bowl Challenge is to help women experience what a balanced sustainable meal feels like and looks like, because we're so conditioned to like three hundred calories as a meal.

Jen: No, girl.

Annie: Right? That's pretty small, like I guarantee I'm going to be hungry if you feed me a three hundred calorie meal.

Jen: I can fit three hundred calories in a handful, I mean. Just, ahh, done.

Lauren: And Jen, I think we should link to this in the notes maybe, but you did, actually, a Facebook Live talking all about this, because there were so many people have like mini freak outs about how large the Power Bowls were and how many calories were in them.

Jen: I even, I got out a white board and I really got into it.

Lauren: There were circles involved.

Jen: Yes. Math. I did math. Right, so we actually recommend larger meals less frequently as a starting point, so give that a try. So we recommend three to four meals a day. And a lot of our Balance365ers aren't eating that way when they come into Balance365. They're either, a lot of them are just grazing all day long, they're never really having a meal, they are just really busy overwhelmed people

who are grabbing at their kids' leftovers, or grabbing handfuls of almonds from the cabinet every time they pass it.

Lauren: One more thing that I wanted to interject too was studies also show that the more often you eat throughout the day on average, the more calories that you do consume, so-

Jen: Yeah.

Lauren: Yeah.

Jen: Right, so yes, so people eating larger, less frequent meals studies have shown they are eating less calories overall during the day. Which is interesting because the tiny meal rule was introduced, you know, as a way of controlling calories but it, what researchers found is it actually is increasing the amount of calories you eat.

And anyways, so if three to four meals works for you in a day, that's great, our breastfeeding moms and sometimes our pregnant moms find that doesn't work for them, whether they're pregnant and they have heartburn issues, they do need to eat smaller meals or if they're breastfeeding, they're just really, really hungry and three to four meals isn't going to cut it.

Lauren: Right?

Jen: But it is about starting and stopping and ramping up your hunger and satiety again, rather than just grazing all day, never really getting hungry, never really getting full.

Annie: And I mean, just on a really low level, like that's a lot of food to potentially cook, prepare, and then to clean up.

Jen: Yeah and when I used to eat like that and I used to feel like I was always in the kitchen or always thinking about food and always going like, "OK, when's my next meal? It's in two hours."

Lauren: Right. I used to carry a cooler.

Jen: Of course you did. And we used to, yeah, so I feel like it's quite freeing. I do three meals a day and sometimes I have a fourth evening snack, but yeah, when

you're having well-balanced meals, I mean those meals can't consist of a piece of toast either.

And that's why when women are in the Power Bowl Challenge they say, "Holy cow, you know, these are huge" but if you are having a Power Bowl for lunch that has, you know, maybe has five hundred calories in it or whatever it ends up being depending on your serving size.

And it's really well-balanced with a substantial amount of protein, tons of fiber, it's got some carbs in there, healthy fats, they also are getting through till dinner time without experiencing hunger or even that afternoon energy slump, right?

So yes, so we're just challenging you to try this out and see how it makes you feel.

Annie: Which can feel counterintuitive to a lot of women that have followed this rule for a really long time, "You want me to eat more?"

Lauren: We have women that come in terrified of this and then a lot of them say it's it was their favorite change that they had made.

Annie: Yes, for sure. Rule number two, "always eat breakfast." So most of us have heard, anyways, that breakfast is the most important meal of the day, you've heard that right?

Jen: Yes.

Lauren: Yes.

Annie: But is it really and will skipping breakfast help you lose weight or will you become starving and famished by the time lunchtime comes and overeat as a result? And the studies are a little bit mixed on this, but what's been widely accepted is that it comes down to individual preferences, so if you eat breakfast every day and you miss that one day, sure, you're likely going to wind up famished and overeat by lunch because you're hungry you're used to eating. But there's someone like me, and I think you two might be similar, I don't eat breakfast until two or three hours after waking.

Jen: Right.

Annie: Is that, what do you do, Jen?

Jen: So I, during the school year, that's what I live and die by, during the summer is different. During the school year, I get my kids off to school and I might work for an hour and then have something to eat because that's when I start, that is just when I naturally start getting hungry. When I used to exercise in the morning I found I got hungry. I needed to have something small before I exercised or I would feel faint during my workout and then I would feel hungry after the workout but I don't exercise in the morning currently and I do not experience hunger till around nine, nine-thirty so that's when I eat my first meal of the day.

Annie: Lauren, I think you were the one that kind of helped me troubleshoot breakfast and you asked me the very simple question, "Are you hungry when you wake up?" because that's when I was eating breakfast. "Are you hungry when you wake up to eat breakfast?" and I was like, "No, I'm actually not hungry," and you're like, "Oh, it's OK to wait."

Like, I needed someone to give me permission, right, to like not eat at a "meal time" which sounds so ridiculous when I like verbalize it, when I express it like that, but I just thought you had to eat breakfast, like everyone ate breakfast, and if I wasn't going to eat breakfast I was doomed. But, really, what it boils down to if you're consuming the appropriate amounts of calories and macronutrients throughout the day, skipping breakfast, eating breakfast, whatever you do, really won't likely make a big difference. Lauren, do you eat breakfast?

Lauren: I eat breakfast. Like both of you, a few hours after I wake up. I get up, I get the kids ready, I get ready, get them off to daycare, come home, and then I eat breakfast, like right before I start work.

And so this one, like Annie said, is going to be really person specific. Like you get to make your own rules here on how it works for you because some people feel nauseous when they eat breakfast, some people, like the three of us, aren't hungry on first waking, but then there's other people who maybe do need breakfast and if they skip breakfast they will be famished and end up eating more later. So it's kind of it might take some trial and error to kind of figure out which person you are. Do you need breakfast? Do you not?

Jen: Yeah, if you're ravenous when you wake up, eat. We're not advocating anyone go hungry.

Annie: No, and sometimes I eat breakfast when I'm not hungry because I know I'm going to be hungry later and whenever that later is I won't have an opportunity to eat, you know, if I've got a meeting or an appointment of some sort at nine o'clock, when I normally eat breakfast, and I'm not going to be available to eat at that time, then yeah, I'll eat when I'm not hungry. So these are flexible-ish rules.

Jen: Right, the main thing is to understand that a lot of people just, they do what they do out of habit, and it's something-

Lauren: Or because they think they're supposed to.

Jen: Right.

Annie: Yeah, cultural.

Jen: I've got to kick start my metabolism in the morning or whenever, which is also not true, but what happens is if you're just on autopilot while you're making these decisions, you're maybe missing opportunities to change the way you eat, your nutrition or your exercise habits or whatever, your whatever wellness habit, in a way that is actually going to work better for you and serve you better for the long term.

Annie: And I do just want to note, I pulled this from [examine.com](https://www.examine.com) which is can be a really great resource for people that want some information on supplements and nutrition, research-based, they just noted some "bad" candidates, or candidates that likely won't do well by skipping breakfast and they included pregnant women, children and adolescents who are still growing, people who suffer from impaired glucose regulation, people who are hungry when they wake up, and then people who need to exercise at peak performance in the morning. And people who just like eating breakfast. It's like, you know, I mean, I could eat breakfast for breakfast, lunch and dinner. It's just breakfast is good.

Jen: And the other thing, the great thing that I've found is that when I used to wake up and have breakfast, I was feeling like I had to eat breakfast in the morning and then I was trying to do it amongst the morning rush with my kids and it just didn't work. I didn't enjoy my breakfast. I was choosing things that are maybe more convenient and not something that was necessarily in line of my

goals or making me feel good the rest of the day and I was eating really quickly, which, you know, there's benefits to slowing down your eating.

And yeah, I actually just love now my morning breakfast, it's something I get to sit and do without the chaos of my children, and I get to do once I'm hungry.

Annie: And it becomes kind of more ritualistic.

Jen: Yeah, exactly.

Annie: Enjoy breakfast and-

Jen: Exactly some women are, like if you're a working woman, I work out of my house so I'll just acknowledge that it's a bit easier for me to be flexible with my schedule, but like Annie said, is there different things that you can do, like if you start work at eight am every day but you find you don't get hungry till nine, is there, you know, you can eat earlier, of course, is there an opportunity for you to do some meal prep, like some egg muffins, you know, or whatever, or breakfast burritos on the weekend and then take one with you and have it at your desk at nine o'clock, you know, just trying to think outside the box a little bit.

Lauren: Another troubleshooting tip that I give often in Balance365 is if you have a structured schedule and you have to eat and you're not hungry in the morning, look at how much you're eating at night. So cut that back and you maybe will find that you're hungry in the morning.

Jen: Right so I really noticed this when I had gotten into a period in my life where I was in the habit of eating at night. I would find myself not hungry to like ten or eleven the next day. So, which was really weird and really doesn't work for me at all to get hungry at that time or to wait to eat at that time, so when I cut back on my evening meal/snacking, I was hungry a lot sooner in the morning, in a time that worked for me.

Annie: Yeah and if you're new to our podcast or community, just so you know, Balance365 is our coaching program that we offer, it's our one year habit coaching program where we focus on a lot of these really foundational, solid nutrition habits that sometimes women can move away from as they grow older and that things like fullness cues, hunger cues, and so when we talk about our Balance365 program, that's what we're talking about, and one of the things we

really encourage them is to pay attention to hunger and fullness cues. So you don't have to eat just because it's mealtime just because it's breakfast time.

Jen: Or there's ways if you do have to eat during a certain time, as Lauren said, there's ways to reverse engineer your life to be hungry when that meal time comes around, because otherwise if we're, you know, we're just eating mindlessly, we're never hungry, we're not paying attention to our fullness cues, then really, that's where a lot of people are overeating. They're just eating to excess and one of our Balance365ers just said to me the other day that once she really worked on her hunger and satiety habits, she can't believe how much she was overeating. She can't believe how much more food she used to eat simply out of habit and because she was afraid of feeling hunger. Coming from, and a lot of people feel like, coming from really diet-y backgrounds when you are essentially starving yourself and you know you never want to go back there, that never feels good, but then you kind of almost become defiant and fear your own hunger, and you never want to experience it but actually is just a normal human signal that is our body telling us something, and we would, I mean our goal with our Balance365ers is that they eat when they're hungry and they stop when they're satisfied.

Annie: Which sounds simple but can take some practice, especially if you've been ignoring those cues for a while or not, you know, aware of them.

Jen: Right, exactly.

Annie: Yes. So our third and last rule is don't after seven pm, which kind of ties into a little bit of what we were talking about, but I swear it was Oprah who made this. Did you guys hear about this rule on Oprah?

Jen: I don't know if I heard about it on Oprah-

Lauren: I don't know.

Jen: But I heard from a fitness competitor in the bodybuilding community, I was like twenty and I was working at this place in university and she worked there too, and she was like "If you eat anything after seven o'clock it turns straight to fat in your body," and I was like "What?"

Lauren: I've heard that as well.

Jen: It's a basically, like first of all that-

Lauren: Scaring you-

Jen: Straight from like fat phobic mindset, like you know "Oh my gosh, fat!" but then it's also just not true.

Lauren: Right, it's just a trick to try to get people to control calories, right, that diets use.

Jen: Right, as is every diet rule we hear are all about controlling calories.

Annie: Manipulating calories. But there's the truth, eating a similar number of calories, although at different times throughout the day, does not seem to have a major effect on weight gain or weight loss.

Jen: Right, and also like, and we often talk about this in Balance365, we encourage people to zoom out and look at your life like week to week, month to month, like we don't have to get tripped up in little details, you know. Every, you know, every meal, every day, every, you know, it's just things are always going to vary, your activity levels are going to vary, your hunger and satiety is going to vary, so really, you want to look at trends, right.

So whether you have a fat loss goal or you just have a goal of feeling better, just look at the big picture, and not eating after seven pm is not going to serve you if you are hungry. If you are not hungry, there may be a reason to stop eating after you're done dinner, which is to prevent overeating, but that's a whole other issue, right?

There's reasons people overeat after dinner, which we have talked about in previous podcasts, so for anyone that's new to us, really, check out our podcasts, we have so much good information around eating behavior and helping you get on top of your overeating.

But, you know, the approach people often take if their rule is "I don't eat after seven pm" they then try and white knuckle cravings and that really, just like rarely, rarely works. Cutting things out, putting in a rule, like you will eventually succumb to your cravings, and you will binge on a tray of brownies in the pantry in, you know, you won't even eat a reasonable amount so.

Annie: Right, and Lauren always talks about the kind of the big rocks in nutrition and when you're eating doesn't matter near as much as what you're eating, how much you're eating and you know, balanced meals, like you're getting enough protein, you're coming to a meal hungry, you're leaving full. These are kind of the big rocks in nutrition, not so much like did you eat at seven or did you eat at nine pm. In full disclosure, I actually eat my dinner at like nine o'clock every night and I'm doing just fine.

Jen: Right, in fact, you actually lost a lot of weight in the last two years, haven't you, Annie? Well, not like, you know, you've slowly, slowly and surely been picking away at a fat loss goal.

Annie: I am obviously the oldest I've ever been, but I'm also the leanest I've ever been and, again, I don't eat breakfast until nine am and I eat my dinner at nine pm. So that's just what works for us because a lot of times I'm coaching in the gym a couple nights a week, we don't like to eat until our kids go down for bed, which is a whole other story, and I have reasons behind it, but we don't sit down for dinner until quite late and that just works for us, and it hasn't affected my weight or my body composition.

So, yeah, no complaints. Lauren, what do you have to add? I know you've got some thoughts on not eating after seven pm?

Lauren: Not much to add, I think we covered it, I'll just add that I often have a snack after seven pm before bed and, again, it's what works for me. I'm hungry usually at night before bed and if I don't eat then that impacts my sleep and so it's like a snowball effect too.

Jen: The other thing is that to understand that all things all sort of integrate and work together. So if you go back to like our tiny meals or if you go back to even just your own behaviors and how if you're trying to cut out snacking after seven pm but all day you've just grazed in your kids' leftovers and or just been so busy and overwhelmed you've just ignored your hunger signals and you can't even feel them anymore, a lot of people are ravenous at that time, and when they hear that it's a "bad time to eat" yet they are ravenous, like that will catch up to you at night.

And then there's different reasons other people eat at night which is like, it's just part of their habit, it's a habit, it's a routine or they're using using it to emotionally

cope from the stress of the day or whatever it is and we deal with all of this in Balance365. We have an emotional eating chapter in Balance365 and instead of just telling you, "Hey stop doing this!" We talk about how to stop doing this.

And if you are interested in that you can go back to our podcast about breaking habits because there's a process and there's a reason that so many people struggle with breaking bad habits is because our brains all work a certain way and I would go back to that podcast and listen to it if you are actually seriously interested in cutting down on nighttime snacking, because, you know, it can be also problematic for some people in that they have eaten to their energy needs for the day and they're not hungry so really nighttime stacking just becomes about overeating and eating foods that might not be aligned with their long term goals.

So maybe it's like, it's not even a balanced meal, it's like a tray brownies or whatever it is, but there are there are ways to address it that work instead of white knuckling it.

Annie: For sure and I think if what Jen is saying is resonating with you just pause, like next time you find yourself in front of the fridge it at 7:01 pm or whatever it is 8:01 pm, just pause and ask yourself, "Why are you eating?" with no judgment, like, right, like just no judgment, "Why are you eating? Are you hungry? Are you stressed? Are you tired?" I often eat when I'm tired and like instead of just going to bed I'm like, well maybe if I had some snacks.

Lauren: And I think I think this is why too we harp so much on listening to your hunger and satiety cues, because like for me, I think I'm often hungry before bed because we eat earlier in the night, and I also, I have a four year old and a one year old and so dinnertime is hectic and I don't eat as much as I normally do at the meals when I am by myself, and so like last night, I went out to dinner and I kind of went to the kitchen to go get my like normal snack and realized "You know, I'm not actually hungry, like I went out to dinner, I had a big dinner, and I'm not hungry" and so I didn't have a snack last night and so it's really important to kind of keep those things in mind too and realize when you're eating at night is just habitual and kind of pay attention to that.

Annie: Yeah, and I don't, I'm not saying that, like, you have to beat yourself up, like I said, no judgment, just create some awareness, like "What's going on? What are you feeling?" where you ask, "What's your environment like? What do

you like? What activities are you engaged in? What did you just engage in? What did you just do?" And that's how you kind of start to dissect your habits, like you, but the step one is you have to be aware of like, "Why am I even doing what I'm doing?"

Jen: Yeah, and it's so important to do that without judgment because that's kind of where most of us get tripped up is we judge ourselves and then we feel shame and it just spirals us into a negative place that is actually more likely to take us to a place of overeating-

Annie: Right, and then we kick ourselves when we're down and it's like, "Well I can't do this, so I might as well just throw in the towel and you know start on Monday or whatever."

Jen: Yes and like you are, you know, all of us are worthy of unwinding at night ,or you know it's like, but it's finding, you know, some women they like to go exercise at night as their unwind thing, that's not for me. Obviously if you've listened to previous podcasts.

But I mean, as far as a walk, a walk is a nice wind down for me, watching T.V. is a nice wind down for me, stretching would be a nice wind down for me, a bath, like it's also about saying like, "Hey, I deserve to wind down. If I don't want to choose food as that wind down option, what are some are other options for me?" Instead of just like, you know, just recognizing that you deserve to wind down. A lot of our listeners are parents and the evenings are the only time we have and we get really selfish with that time so yeah, just sort of, yes, as Annie said, acknowledge it, figure out why and see if you can find a replacement-

Annie: That gives you the same sense of relief, sense of like, "Ah, this feels good, this comfort, this de-stress, this like take the edge off from the day or give you energy if you're eating because you're tired, you know, like just create some awareness.

Lauren: I think, I don't, yeah we're on a little tangent here, but while we're in this tangent, another tip is if you can't find something besides eating and you're not hungry that gives you that same reward, try doing something else without taking away that option to eat, right to do something else and eat and you'll find that the something else will start to feel better the more that you do it, without saying, "I can't eat, I can only do this other thing"

Jen: So I'll take a plate of cheese and crackers into the tub with me.

Lauren: Yeah.

Annie: Well that sounds delightful. That's interesting, Lauren, I hadn't heard that I have to try that. So just keep doing what you're doing but add something else.

Lauren: Yeah.

Jen: Yeah, another thing I found is a lot of our Balance365ers it's not just about the food it's about keeping your hands busy at night.

Annie: I was just thinking that, yeah.

Jen: So they will replace their food habit, we really are on a tangent now, but they replaced their evening snacking with knitting or talking to a friend on the phone and just having that phone by your face can help.

Annie: So yeah, I find that if I sit in front of the T.V. I often feel like I need like a snack. So my solution is just instead of T.V. I've been reading.

Jen: Right.

Annie: But, I mean, you know that's just what works for me but it was, we did get off on a tangent, but those are three kind of nutrition rules that we would suggest breaking and just to recap real quick, the first one was to eat tiny meals that you can eat as many meals or as few as meals as you'd like, that really it's overall calories that really depend on our ability to lose weight, maintain weight or gain weight. Always eat breakfast we debunked, it's not necessarily the most important meal of the day and that's going to depend highly on the person, if you enjoy eating breakfast if you feel like you need to eat breakfast, if you're hungry when you wake up all can be elements to determining if you should eat breakfast or not and the last one we just spent a fair amount of time on was "Don't eat after seven pm" which again, eating a similar number of calories throughout different times of the day does not seem to have a major effect on weight loss or weight gain. Ao anything you two want to add before we wrap up?

Jen: No, I think that covers it.

Alright, well thanks for joining me, this was good, this was fun and quick, debunked some myths.

Lauren: Yeah

Annie: Yeah, all right. Thanks, ladies we'll talk soon, OK.

All: Bye.