

## Increase Your Meals, Decrease Your Chronic Disease Risk



by Julie O'Connell Seamer

It is often said that eating small meals is better for your health than three set big meals daily. And the science exists to back this theory.

In 1964 an English researcher found that eating one-sixth of your daily food intake six times a day (rather than one-third three times daily) speeds weight loss, improves glucose tolerance and beneficially impacts cholesterol levels.

More recent studies show that cortisol levels increase when the body doesn't receive fuel over a number of hours (in the form of food intake). Why? Because this lack of energy input forces the body into a starvation mechanism which can cause it to preserve fat and burn expendable muscle. On the other hand, more frequent eating, in moderate doses, helps reduce insulin output for sugar balance, and less cortisol production. Cortisol has been shown to be an influencing factor in metabolic syndrome, which is the name for the group of risk factors linked to overweight and obesity that increase chances for heart disease, diabetes and stroke.

reference:

Fabry P. et al. '[The frequency of meals: it's relation to hypercholesterolemia and decreased glucose intolerance](#)'. Lancet, 2,614-615