

6 Foods to Eat Before Bed

That Can Help You Lose Weight



Sleep is highly underrated.

Poor sleep is actually one of the single strongest risk factors for obesity.

One problem for many dieters, is that they get cravings at night and tend to eat lots of junk food right before bed.

These are calories that are added on top of everything else they have eaten that day, often pushing them into the range of weight gain.

This free e-book lists several healthy and nutritious foods that are low in calories but still highly filling, so that you can eat them at night without having to worry about gaining weight because of it. Some of these foods have also been shown to help with sleep.

Everything in this e-book is supported by scientific evidence. The numbers in the brackets are links to studies.

Thanks,
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Introduction

“Eating before bed is bad for you.”

We’ve all heard that one. This standard advice can make you feel guilty about late night snacking, especially if you’re trying to lose weight.

But is it actually true?

If you usually choose high-calorie junk foods that are loaded with sugar, then yes. That type of food will always cause weight gain in the long run.

However, some late-night snacks can actually be good for you.

Studies have shown that small, nutrient-dense bedtime snacks can benefit metabolic health and help build muscle, especially if you exercised during the day ([1](#), [2](#)).

There are also several foods that have been proven to help us sleep better when we eat them before bed. This is very important, since poor sleep is one of the strongest risk factors for obesity ([3](#), [4](#)).

What matters in a late-night snack is *what* you are eating. Certain bedtime snacks can even help you *lose* weight.

So, if you like to indulge in a snack before bed, make the following 6 foods your go-to choices.

6 Foods to Eat Before Bed

1. Cottage Cheese

Helps Build Muscle While You Sleep

Cottage cheese is high in nutrients, and tends to be low in fat and calories.

While this is great for watching your waistline, it is not what makes it a remarkable bedtime snack.

Cottage cheese is predominantly made up of a milk protein called casein. [Casein](#) is a slow-digesting protein that is well-known to sustain overnight muscle repair and growth ([2](#), [5](#)).



This means it can actively help build muscle while you sleep, which is why it is such a popular late-night snack in bodybuilding communities.

A 4-oz (½ cup) serving provides 13 grams of protein, which is more than two boiled eggs. This high protein content also helps you feel full and satisfied, ensuring you go to bed with a happy stomach ([6](#)).

Bottom Line: Cottage cheese is rich in slow-digesting protein, which is great for sustained nutrition. It keeps you feeling full and helps build muscle while you sleep.

2. Bananas

Boost Weight Loss and Relaxation

If you have more of a sweet-tooth, [bananas](#) are a fantastic late-night snack choice.

They are full of important nutrients like potassium, vitamin B6, vitamin C and fiber.



Bananas contain high amounts of fiber. If you choose bananas that are greenish (not fully ripe), then they are also high in resistant starch. Fiber and resistant starch may help you feel full and less hungry, which leads to a reduction in calorie intake ([7](#), [8](#), [9](#)).

Bananas are also a great source of tryptophan.

[Tryptophan](#) is an amino acid that can make you sleepy. It is converted into the sleep hormone melatonin, helping you get a good night's sleep ([10](#)).

Remember, people who do not sleep enough tend to be much more overweight than those who do ([4](#)).

Perhaps best of all, each banana contains only 100 calories and doesn't leave any mess to clean up.

Bottom Line: Bananas are a nutrient-dense, no-fuss food. They contain fiber and resistant starch for weight loss, as well as relaxing tryptophan to help you sleep better.

3. Almonds

Promote Restful Sleep

A handful or two of almonds makes an easy and [healthy](#) bedtime snack.

They are rich in several important nutrients, including magnesium.

Studies show that a lack of magnesium greatly affects melatonin levels, circadian cycle and sleep disorders ([11](#), [12](#)).

Therefore, consuming additional magnesium can help improve sleep quality.

In an 8-week study of elderly subjects, an additional 500 mg of magnesium per day significantly improved sleep quality, sleep duration and other measures of insomnia ([13](#)).



One handful of almonds contains about 150 mg of magnesium, which is a very healthy dose of this mineral ([14](#)).

Sleep is crucial to weight loss, and almonds may be just the snack to ensure you get a full, restful night's sleep.

Just be careful not to go overboard with almonds, as they are considered a high-calorie food.

Bottom Line: Almonds are highly nutritious and a great source of magnesium. Increased magnesium intake has been linked to improved sleep quality.

4. Turkey

Provides Protein and Helps Regulate Sleep

Turkey is a relatively low-calorie meat that contains high-quality [protein](#).

Increasing the amount of quality protein in your diet is incredibly important for weight loss, as it reduces appetite much more effectively than either fat or carbs ([15](#), [16](#)).



Protein actually aids weight loss in two ways ([17](#)):

- **Increases calories out** by raising your metabolic rate.
- **Decreases calories in** by keeping your appetite in check.

And, just like bananas, turkey also contains high amounts of relaxing tryptophan. This is what gives it the late-night edge over other types of meat.

Tryptophan can help you fall asleep faster. One study in men also found that tryptophan caused significant sleepiness, both at night and during the day ([18](#)).

Turkey is a great weight-loss food that also promotes improved sleep. It is high in nutrients and low in calories — a thin slice or two before bed won't cost you more than 100 calories.

Bottom Line: Turkey is a lean meat that contains high-quality protein. It is also high in tryptophan, which promotes sleep. Both sleep and protein can help with weight loss.

5. Canned Tuna

Benefits Overall Health and Well-Being

A whopping 40% of people in the US are thought to be vitamin D deficient ([19](#)).

This is linked to a host of [health problems](#), including sleep disorders ([20](#)).

Vitamin D deficiency is also linked to worse sleep apnea. It may also decrease sleep duration ([21](#), [22](#)).



Not only is canned tuna an easy and filling snack before bed — it's also a wonderful food source of vitamin D.

Just 3 ounces (one small tin) of tuna contains 50% of your daily vitamin D requirements ([23](#)).

The other reason to choose tuna is because of its healthy omega-3 fats.

Omega-3 fats are incredibly important for optimal body and brain function. Frankly, we should all be eating far more omega-3 fats.

Optimal body and brain function, as well as restful sleep, are important for weight loss.

Bottom Line: Tuna is a highly practical bedtime snack. It is a fantastic source of vitamin D and omega-3 fats. These nutrients are important for overall health and well-being.

6. Cherries

Improve Quality of Sleep

Cherries are one of the quickest and sweetest bedtime snacks.

A cup of cherries contains only 50 calories, so they are definitely a weight-friendly choice.



Several experimental studies have shown that cherries can help improve sleep, and even help treat sleep disorders ([24](#), [25](#)).

One small study of people with chronic insomnia found that cherry juice greatly reduced the severity of sleeplessness.

In fact, the effects were equal to or even exceeded treatment with valerian ([26](#)).

Cherries cause a great increase in the body's secretion of the sleep hormone melatonin, which is thought to be responsible for the abovementioned effects.

Several other studies also support the link between cherry consumption and improved quality of sleep ([27](#), [28](#)).

Cherries may actually have the greatest sleep-inducing effect of all the foods on this list.

Bottom Line: Cherries are a sweet, low-calorie bedtime snack choice. They have been shown to help improve sleep quality and treat insomnia.

Sleep, Nutrition and Weight Loss

Sleep, nutrition and weight loss are all connected. To lose weight, you need to sleep well and eat nutritious food.

Get Good Sleep

If you want to lose weight, you have to get a good night's sleep.



More and more evidence supports this. Studies also indicate that sleep patterns influence the dietary and nutritional choices we make.

People who sleep less tend to eat more high-calorie foods that contain refined carbs and unhealthy fats. These people are also less likely to consume vegetables ([29](#)).

Sleep influences other aspects of nutrition as well. Low-quality sleep and late bedtimes have been linked to an increase in body weight and overall food intake.

Additionally, people who sleep less tend to eat more snacks and more meals each day.

In general, poor-quality sleep is associated with a poor-quality diet ([30](#)).

Bottom Line: High-quality sleep is essential for healthy eating and weight loss. People who sleep more tend to consume more nutritious foods, and in appropriate quantities.

Eat Real Food

Bedtime snacks are not inherently bad for weight loss diets.

In fact, some foods may promote both weight loss and restful slumber — all while you're sleeping.

As with many other aspects of nutrition, what matters is *what* and *how much* you eat.

Avoid high-calorie, high-sugar junk foods. Replace these foods with healthy, nutritious foods that are low in calories, such as the foods included on this list.



These foods can have major benefits for your health and weight.

Also make sure to follow serving size recommendations and keep your portions in check. Overeating before bed is never a good idea.

However, if you're a person who gets hungry in the evening or before bed, it's ok to have a healthy snack.

Some of them may even help you sleep better.

Bottom Line: Bedtime snacks are not necessarily bad for weight loss. Just make sure to eat nutritious foods in appropriate quantities. Some may even help you sleep better.

Take Home Message

Eating before bed doesn't have to be bad for you.

You just need to eat small servings of nutritious foods that keep you satisfied. Some of them can even help you sleep better.

When your bedtime snack is a healthy one, you won't lose any sleep over it.