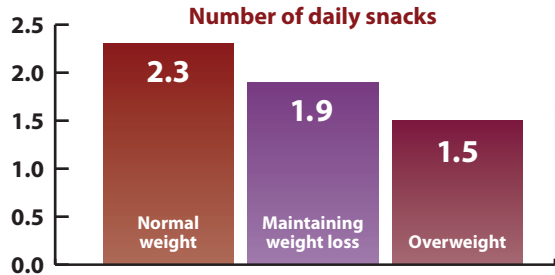


Snack Less, Gain More Weight?

While it might seem counterintuitive on face value, an increasing body of research suggests people who are overweight actually snack less frequently than others:



SOURCE: Bachman JL, et al. Eating frequency is higher in weight-loss maintainers and normal-weight individuals than in overweight individuals. *J Amer Diet Assoc*, November 2011;111(11):1730-34.