



WELLNESS

rumble in the dark

You may be toeing the healthy eating line during the day, but is the snacking monster inside you let loose as the sun sets?

SAVITA IYER-AHRESTANI lays out a pm food fact file

It's close to midnight, and all's quiet outside. You're on the couch with the TV on, your iPad on your lap, not paying particular attention to either screen because, for the past hour, all you can hear is the call of the tub of Häagen-Dazs sitting in the freezer. What do you end up doing?

- Turn everything off and go to bed.
- Turn everything off, drink a glass of water and go to bed.
- Turn everything off, open the freezer, scarf down the Häagen-Dazs and then go to bed.

If you've downed the tub, don't beat yourself up; you're hardly the first one unable to resist the lure of ice-cream (or other snacks, sweet or salty) at midnight. Even experts like Christine Avanti, celebrity nutritionist, chef and author of *Skinny Chicks Don't Eat Salad*, will speak of past guilt. "I used to snack from 3pm until