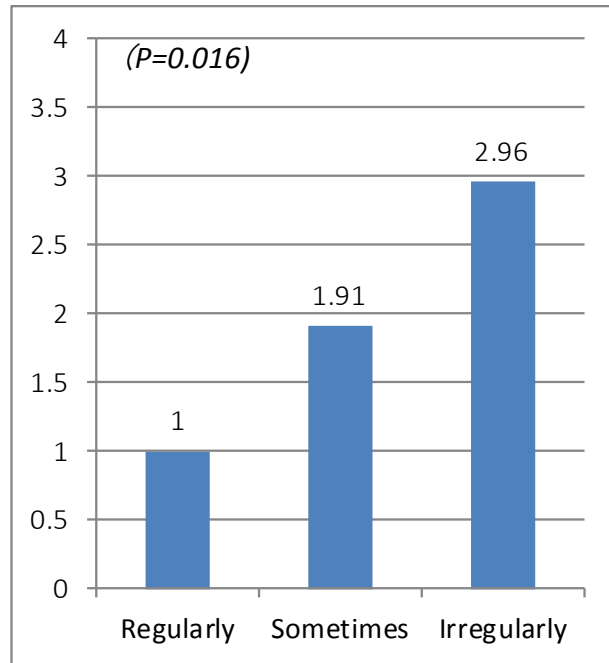
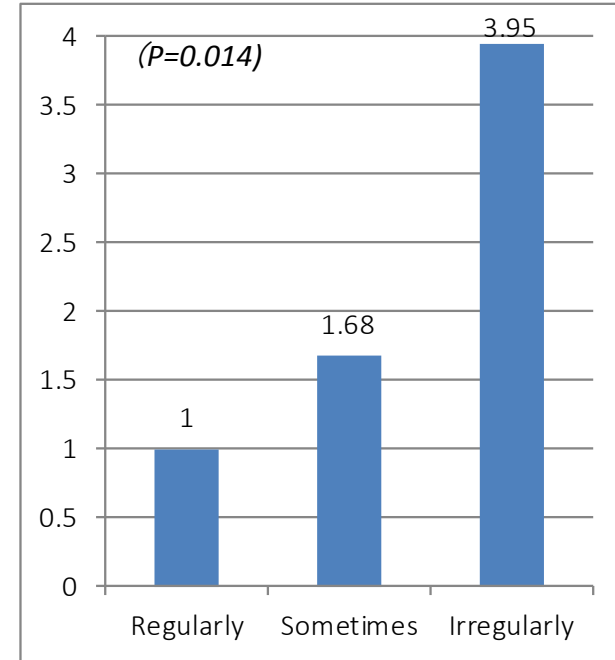


## Association of eating three meals irregularly with changes in BMI and weight among young Japanese men and women: A 2-year follow-up

Odds ratios for incidence of obesity for men



Odds ratios for incidence of underweight for women



For men, eating three meals irregularly was associated with incidence of obesity. For women, eating three meals irregularly was associated with incidence of underweight. Eating three meals regularly might be protective against subsequent BMI changes.

Ibe et al., *Physiol Behav.* 2016;163:81-87.

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