

# What bad thing will happen if you dare to skip meals?

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1. 6 bad things will happen if you regularly skip meals
2. Want a proper diet, don't ignore these 10 serious mistakes!
3. 13 unexpected habits can harm the brain

You often have to skip meals because of work pressure? Do you plan to skip breakfast, lunch or dinner to lose weight? If the answer is yes, then read this article.

In fact, **giving up meals has more negative effects and harms the body more than you think** . Therefore, do not do that foolish thing.

Eating 3-4 meals a day helps your body absorb essential nutrients essential to your health and avoid uncontrolled eating. On the other hand, giving up meals will have the opposite effect. Missing meals will disrupt muscle tissue, can actually lead to weight gain and a host of other problems.



Studies also show that skipping meals causes energy in the body to be lost, which is why people who skip meals often burn less calories because they don't have any good physical activity. do exercise.

In addition, studies have shown that when you're hungry, **the supply of glucose to the brain decreases**, which can lead to poor concentration and memory. This is why students and research specialists should not skip meals because they need to work well and focus on their work.

You should bring some snacks and never let yourself be too hungry. Bring snacks that are high in protein and fiber.

**Now let's find out what bad things will happen if you dare to skip meals!**

## **1. Increased risk of diabetes**



Missing meals causes liver cells to stop responding to **insulin** - a hormone responsible for breaking sugar. This means that the liver does not receive the signal to stop producing glucose and therefore continues to pump glucose into the blood. This excess sugar accumulates long in the blood which can cause **type 2 diabetes** .

## **2. Change mood swings**



When the body does not receive enough nutrients due to skipping meals, the body's emotional function will change and because of fluctuating blood sugar, you will become irritable and bored. This mood swings make you feel uncomfortable and not happy all day, so you feel tired, the results will not be high.

### 3. Effect on metabolism



When hungry or skipping meals, the body's metabolic rate will be lower, which is why the body does not burn more calories but instead **accumulates them just like fat** . Therefore, just skip a meal not only causes the metabolism in the body to decrease but also can lead to an increase in weight more easily. Therefore, you should eat breakfast to provide energy for your body.

## 4. Stress



When you skip meals, your body will provide you with the energy you need by releasing adrenaline and other hormones. However, over time, increased pressure on the body can cause other serious illnesses such as heart disease, high blood pressure, diabetes, depression, stress and anxiety.

## 5. Smelly breath



Skipping meals reduces saliva in the mouth and causes dry mouth. This is an ideal condition for bacteria to grow and proliferate so the breath also becomes more smelly. So, to prevent bad breath, you should not eat even one meal.

## **6. Headache and fatigue**



Skipping meals can **reduce blood sugar levels** , while also releasing hormones that cause arteries and arterial hypertension. Therefore, if you fast, you may have headaches, fatigue and nausea. If you skip meals, your body will not get enough energy and you may also lose consciousness, not be alert.

## **7. Blood pressure fluctuates**



Missing meals stimulates the body to release hormones to compensate for low blood sugar. This **affects blood pressure** and may **narrow the arteries** in the future.

See also: 10 very good foods for the liver that you should not ignore

Having fun!

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