

FREE GUIDE • DIET SWAD

Smart Late-Night Snacking

Why midnight cravings happen, what refined sugar does to your sleep, and exactly what to eat (and when to stop)

You unlocked this guide by commenting 'MIDNIGHT' - thank you!



Ancient Wisdom, Modern Life

Diet Swad | Ancient Wisdom, Modern Life | FSSAI Lic. No. 22825041000300 | dietswad.in | [@dietswad](https://www.instagram.com/dietswad)

What's inside

1. First: you're not weak, you're wired
2. What refined sugar does at midnight
3. Decode your craving type
4. The top 5 clean late-night snacks
5. Kitna khao - and kab rukna hai

First: you're not weak, you're wired

Midnight cravings are not a character flaw. They come from three very physical places: (1) a **blood sugar dip** - especially if dinner was light or early; (2) **stress** - cortisol (the stress hormone) genuinely increases appetite for sugary, fatty comfort food; (3) **habit** - the brain links screen-time with snack-time after just a few repetitions. Knowing WHICH one is talking is half the cure.

What refined sugar does at midnight

Ice cream, chocolate, biscuits at 12 am set off a chain: fast sugar spike - insulin surge - blood sugar over-corrects downward WHILE you sleep. That dip can pull you half-awake at 3 am, wreck deep sleep, and hand you a groggy, craving-heavy morning - which sets up tomorrow's midnight raid. It's a loop, and refined sugar is its engine.

Jargon buster: 'Spike and crash'

Fast-digesting sugar floods the blood (spike). Insulin clears it aggressively (crash). At night the crash lands mid-sleep - that's why the biscuit raid costs you at 3 am, not at 12.

Decode your craving type

Craving	What it usually means	Smart answer
Sweet	Blood sugar dip / dessert habit	2 dates, or 1-2 date-based bites - sweetness with fibre brakes
Salty-crunchy	Stress relief through crunch (very real)	A small handful of roasted salted cashews
Chocolate specifically	Comfort + habit loop	1 cocoa-rich jaggery bite or 1 millet choco cookie
'Just... something'	Boredom or thirst wearing a hunger mask	A glass of water first; still there in 10 min? Warm milk + 1 cookie

The top 5 clean late-night snacks

1. **Warm milk + 1 millet cookie:** the ritual satisfies, milk brings tryptophan (an amino acid the body uses on the way to making sleep hormones), and one naturally-sweetened cookie won't spike you.
2. **A small handful of roasted cashews:** protein + fat = steady, no sugar involved; kills the salty craving cleanly. Portion: what fits in one cupped palm.

3. **2 dates:** the sweet answer with fibre attached; satisfying at two, unlike biscuits at six.
4. **Plain dahi with a few nuts:** protein-forward, cooling, genuinely filling.
5. **1-2 Power Bites or a Millet Choco Cookie:** when the craving is 'dessert-grade' - real cocoa/date sweetness, no refined sugar, portion built in.

Kitna khao - and kab rukna hai

- Late-night snack = 100-200 kcal territory: 1-2 bites, or 2 cookies, or a palm of nuts. It's a landing, not a fourth meal.
- Eat it seated, plated, screen down for 2 minutes - unconscious bag-to-mouth eating is where portions die.
- Stop signal: if you're going for round two, it wasn't hunger. Water, lights slightly down, bed.
- Repeat offender at 12 am nightly? The real fix is usually dinner - add protein and fibre there and the midnight monster shrinks by half.

The bedside-safe line-up

Millet Cookies (warm-milk partner), Roasted & Salted Cashews (the salty answer), Power Bites & Royal Bites (the dessert answer) - all naturally sweetened, zero refined sugar in the bites, no preservatives. ₹499, FREE shipping - dietswad.in. Midnight-proof your kitchen shelf.

Enjoyed this guide?

Follow **@dietswad** on Instagram for honest, no-jargon nutrition content in simple language, every single day. And when you want a snack whose label you never have to worry about - every Diet Swad product is ₹499 with FREE shipping all over India. Visit **dietswad.in** (link in bio).

This guide shares general nutrition information in simple language, prepared by the Diet Swad team. It is not medical advice. If you have a health condition, an allergy, or special dietary needs (pregnancy, diabetes, children under 2, etc.), please talk to your doctor or a qualified dietitian before making changes. All ingredient examples describe common label patterns, not any one specific brand.