Leyla Weighs In: Time-Restricted Eating vs. Usual Eating—What Science Says

written by Leyla Muedin MS, RD, CDN | October 2, 2026

Did you know that meal timing, not just calorie counting, can influence weight loss and health? “Leyla Weighs In” on time-restricted eating. She details a groundbreaking study from Johns Hopkins. Discover how simple changes in meal timing can impact weight and health. Listen now!