Our findings do not indicate whether it would be better for individual health to consume unhealthy foods

later or earlier in the day, which should be clarified through purposedly designed intervention studies in the future. Some of the findings, such as the higher consumption of alcoholic beverages at night are already known. However the facts that certain snacks were more likely to be consumed at night and even more frequently in undiagnosed diabetics, are an important piece of public health evidence as these data are representative of national behaviour across the UK. However,