

MORE TO PREDIMED



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EATING A HIGHER FAT MEDITERRANEAN DIET WITH NUTS AND NO CALORIE RESTRICTION DOES NOT CAUSE WEIGHT GAIN

STUDY STATS:



7447 PEOPLE
AGED 55-80

AT RISK OF
HEART DISEASE
OR TYPE 2 DIABETES,
FOLLOWED FOR
ALMOST
5 YEARS



**SMALL DECREASE
IN WEIGHT AND
WAIST CIRCUMFERENCE
SO NO WEIGHT
GAIN WITH NUTS**



DON'T FEAR FAT!
NO REASON TO
RESTRICT HEALTHY FATS

APPETITE CONTROL

LOW GI EFFECT

HEALTHY FATS



FIBRE

PROTEIN

ENJOY A 30g HEALTHY HANDFUL TODAY

