



**December 2016**

## **RESEARCH UPDATE: STUDIES SHOW NUTS HELP LOSE BELLY FAT**

### **#NUTS30DAYS30WAYS CHALLENGE 1-31 MARCH 2017**

Here is the latest research on nuts and their importance to our health to give you even more good reason to take part in the #nuts30days30ways challenge and eat a 30g handful of nuts every day this March.

#### **1. Go Nuts To Lose Fat**

There's significant evidence to show a nutty habit is good for maintaining a health weight, in fact nut eaters weigh less.<sup>1</sup> Adding to this are these new studies to show nuts also help banish body fat.

If you are looking to lose weight, especially belly fat, adding nuts to your daily diet may help.<sup>2</sup>

Results from a new US study, published in the Journal of Nutrition, have revealed including a handful (38g) of almonds a day in a kilojoule-controlled diet improved weight loss.<sup>2</sup>

The 12 week clinical trial followed 86 overweight or obese adults who were randomly assigned to follow a kilojoule-controlled nut-free diet, or a kilojoule-controlled diet including 38g of dry roasted, lightly salted almonds a day.<sup>2</sup>

Those munching on a daily dose of almonds recorded a small but significant total fat loss, which was twice as much as those following the nut-free diet (1.8% compared to 0.74%). They also lost twice as much belly fat (1.2% on nut diet compared to 0.5% on nut-free diet), and saw a significant reduction in diastolic blood pressure.<sup>2</sup>

The same research team previously found that almonds enhanced satiety by reducing frequency of eating, promoting smaller meal sizes and reducing the desire to eat when not hungry.<sup>3</sup>

#### **2. Plant Protein Best For Losing Belly Fat**

Are you going high protein to lose weight or blast belly fat? New Australian research shows the type of protein you pick could make a big difference.<sup>4</sup>

A University of Melbourne study that tracked the diets of 5,300 people for 11 years, found people who ate a lot of plant protein, especially from foods such as nuts, legumes and grains, had smaller waists, weighed less and were less likely to have Metabolic Syndrome than those who eat little plant protein.<sup>4</sup>

The study, published in the journal of Clinical Nutrition, showed people eating the most grains had a 38% lower risk of developing Metabolic Syndrome and those eating the most nuts and legumes reduced their risk by 26%.

And each mouthful mattered. The more nuts, grains and legumes people ate the bigger the benefits for losing weight and slimming waists. On the other hand, eating more protein overall and more meat was shown to increase weight, waist size and blood pressure.<sup>4</sup>

Researchers say swapping animal protein especially chicken and red meat for plant protein, particularly nuts, grains and legumes, could help reduce the risk of Metabolic Syndrome.<sup>4</sup>

Note: Metabolic Syndrome, also known as MetS, impacts 35% of adults and is a group of risk factors that raises your risk for heart disease and other health problems, such as type 2 diabetes and stroke.<sup>5</sup>

### **3. Keep the Doctor Away with a Handful a Day**

A handful of nuts a day can keep the doctor away and help you live longer according to new research out of the UK and Norway<sup>6</sup>.

Researchers from the Imperial College London and the Norwegian University of Science and Technology analysed 20 published studies from around the world, collating evidence from 819,000 participants, including more than 12,000 cases of coronary heart disease, 9,000 cases of stroke, 18,000 cases of cardiovascular disease and cancer, and more than 85,000 deaths.

They found a 30g handful of nuts every day cut your risk of developing coronary heart disease by 29%, the risk of developing cancer by 15% and the risk of dying prematurely by 22%. They also found a handful of nuts a day reduced the risk of dying from diabetes by 39% and respiratory diseases by almost 50%.

So not only are nuts good for your waistline, they are nutritional powerhouses, adding more years to your life. So let's get cracking and get ready for #nuts30days30ways and enjoy a handful of nuts every day in March.

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**Issued on behalf of Nuts for Life**

**Nuts For Life** is Australia's leading nutrition authority on tree nuts. Funded by the Australian Tree Nut Industry and Horticulture Innovation Australia, the nutrition education initiative aims to educate Australians about the nutrition and health benefits of regular tree nut consumption. For more, visit <http://www.nutsforlife.com.au>

#### **References**

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