



February 2017

## LATEST RESEARCH: NUTS HELP LOSE BELLY FAT AND LIVE LONGER

### #NUTS30DAYS30WAYS CHALLENGE 1-31 MARCH 2017

Here are five of the latest scientific studies showing just how eating nuts can improve your health from losing belly fat to helping you eat healthier and live longer. They also make five great reasons to take part in the #nuts30days30ways challenge and eat a 30g handful of nuts every day for the month of March.

#### 1. Walnuts Trigger Diet Overhaul

Are you struggling to stick to a start a healthier diet? New research shows chomping on walnuts may be the answer.

A US study, lead by Yale University, revealed a large handful (56g) of walnuts a day included in the diets of people at risk of diabetes, sparked a diet shake-up with a shift towards healthier foods.<sup>1</sup>

Compared to people on the no-walnut diet, those noshing on walnuts also significantly increased the amount of seafood and plant-foods such as fruit, vegetables, legumes and grains that they were eating, as well as upping their dairy to a lesser extent.<sup>1</sup>

So a regular nutty snack could be a great way to begin a diet overhaul – take the first steps to a healthier diet this March by joining the #nuts30days30ways challenge and eating a handful of nuts each day.

#### 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>2</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 ate little plant protein.<sup>2</sup>

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>2</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>3</sup>

#### 3. Go Nuts To Lose Fat

If you are looking to lose weight, especially belly fat, adding almonds to your daily diet may help according to two new studies.<sup>2,3</sup>

New US research, published in the Journal of Nutrition, revealed including a handful (38g) of dry roasted almonds a day in a kilojoule-controlled diet improved weight loss.<sup>4</sup> The 12 week clinical trial followed 86 overweight or obese adults and found those eating nuts 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>4</sup>

A new Indian study to be published in *Metabolic Syndrome and Related Disorders* journal found adding a daily dose of almonds (equivalent to 20% of energy intake) to the diets of 50 people with type 2 diabetes helped them lose belly fat, reduce blood glucose levels and improve LDL cholesterol.<sup>10</sup> The study reported participants waists shrunk significantly by 1.6cm after 24 weeks of eating almonds as part of a healthy diet.<sup>10</sup>

#### 4. Keep the Doctor Away with a Handful a Day

A handful of nuts could significantly reduce your risk of heart disease and cancer and also help you live longer according to new research.<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. 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%.<sup>6</sup>

Study co-author Dagfinn Aune said “We found a consistent reduction in risk across many different diseases, which is a strong indication that there is a real underlying relationship between nut consumption and different health outcomes. It’s quite a substantial effect for such a small amount of food.”<sup>6</sup>

#### 5. Nutty Habit Halves Diabetes Risk

A regular nutty habit can make a big difference when it comes to reducing your risk of type 2 diabetes.<sup>7</sup>

New research, published in the prestigious *Diabetes and Metabolism Journal*, followed almost 2000 people for six years and found those eating a handful of nuts at least four times a week halved their risk of getting type 2 diabetes, compared to people eating nuts just once a week.<sup>7</sup>

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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 information visit <http://www.nutsforlife.com.au>

#### References

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