



NUTS KEY TO HEALTHY WEIGHT MANAGEMENT

Have your New Year's weight loss resolutions already been shattered?
Here's how snacking on nuts can help you get back on track!

Because nuts contain significant amounts of fat (largely the 'good' unsaturated type) and are energy dense, many people trying to manage their weight avoid eating them altogether. But studies have actually found that nuts can help to satisfy hunger for longer, meaning you actually eat less¹. A handful of nuts (30g) daily can actually enhance palatability and nutrient quality of the diet without posing a threat for weight gain.

Many tend to follow diets that are low in fat and high in carbohydrates – these are often less appetising and more difficult to stick to, leading to a long term struggle to keep weight off.

For some individuals, higher protein diets may be more beneficial for weight loss. Most nuts are high in protein and low in carbohydrate, making them the ideal component of a high protein diet².

Many studies have examined the association between nut consumption and energy balance, finding an inverse association between the frequency of nut consumption and body mass index (BMI). In fact clinical trials reveal little or no weight change, instead finding that they work to help dieters to stick to their healthy eating plans³.

One study has specifically looked at the link between eating nuts and body weight. Adding almonds (55g) to the usual daily diet of 20 healthy subjects was not found to lead to weight gain over a 10 week period. Interestingly, subjects compensated for the extra dietary energy by spontaneously reducing their energy intake, increasing their energy expenditure and fat excretion.⁴

With all signs pointing to the inclusion of nuts in the diet, as well as the many nutritional benefits of eating nuts, it seems nuts may well be a dieter's best friend.

Diet tip: A small handful of nuts in a container at your desk, in the car or by your side wherever you are will help to keep your new years resolution on track*

For more information on the weight management and other health benefits of nuts and for tasty nut recipes for all occasions please visit www.nutsforlife.com.au

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¹ Richard D. Mates, Penny M. Kris-Etherton, and Gary D. Foster. Impact of Peanuts and tree Nuts on Body Weight and Healthy Weight Loss in Adults. J.Nutr.2008 138: 1741S - 1745

² Sebate J. Nut consumption and body weight. Am J Clin Nutr 2003 Sep;78 (3 Suppl): 647S-650S

³ Richard D. Mates, Penny M. Kris-Etherton, and Gary D. Foster. Impact of Peanuts and tree Nuts on Body Weight and Healthy Weight Loss in Adults. J.Nutr.2008 138: 1741S - 1745

⁴ Hollis, J. and R. Mates, *Effect of chronic consumption of almonds on body weight in healthy humans*. Br J Nutr, 2007. 98(3): p. 651-6.