



Scientifically Slim is based on the latest medical research to empower you with the keys to long-term weight loss success.

Scientifically SLIM™

30 Proven Ways to Lose Weight & Keep It Off

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Nuts About Nuts

"Clinical trials reveal little or no weight change with inclusion of various types of nuts in the diet over one to six months."

Reference: Mattes RD, Kris-Etherton PM, Foster GD. Impact of peanuts and tree nuts on body weight and healthy weight loss in adults. *Journal of Nutrition*. 2008;138:1741S-1745S.

Good news! Nuts (both ground and tree) are not only great for your health, but also have limited impact on weight gain.

But what kinds of nuts are we referring to here? The nuts we are referring to are:

- Ground nuts or peanuts, which is actually a legume (and so its not really a "nut")
- Tree nuts, such as almonds, macadamia, and walnuts, among others

In the September 2008 issue of the *Journal of Nutrition*, Dr. Richard Mattes and his colleagues reported about their comprehensive review of all previous studies conducted on the relationship between nut consumption and weight gain.

They found that there is "an inverse association between the frequency of nut consumption and BMI." This literally means that eating more nuts is linked with lower body weight!

Some weight-conscious people may have mistakenly shunned away from consuming nuts because they know that nuts *are* high in fat content. However, what they may not know or fully recognize is that these fats are made up of mostly *unsaturated fats*. These types of fats have been found to prevent coronary heart disease and lower LDL cholesterol, which is very beneficial for health.* In fact, dieticians do prescribe nuts to be included in diets for patients with insulin resistance problems such as type 2 diabetes.

Besides containing rich sources of dietary nutrients, nuts consumption will increase one's feeling of fullness (i.e., satiety) because of the high protein and fat content. This may, in turn, help reduce subsequent food intakes at the later times of the

Nuts About Nuts

day. This will certainly be helpful when one is on a weight reduction plan.

Studies have also shown that the body somehow isn't able to effectively absorb the high energy contents in nuts when consumed. Therefore eating them in moderate amounts will not increase your weight!

Unfortunately, some people can have nut allergies that can lead to adverse reactions. As there are no cures for these allergies, please be careful to avoid all nuts and their derivatives if this is the case. If in doubt, please refer to your health care professional or medical doctor.

In conclusion, the "[research] literature suggests nuts may be included in the diet, in moderation, to enhance palatability and nutrient quality without posing a threat for weight gain." So, go ahead! Include some nuts into your dieting or weight maintenance plan without feeling guilty. Enjoy!

* Low-density lipoprotein (or LDL) is the major cholesterol carrier in the blood. If there is too much LDL cholesterol circulating in the blood, it can clog the arteries that feed to the heart and brain over time and may cause a heart attack or stroke when levels get too high. LDL is often termed as the "bad" cholesterol. For more information and a detailed explanation on cholesterol and its importance in healthy living, please refer to the American Heart Association's website at <http://www.americanheart.org>.

Action Points & Reflection

Date: _____ My weight: _____

Are nuts a part of your dieting plan? (circle one)

Yes / No

If you answered "No," you may wish to consider it as a part of a balanced, healthy diet.

Do you some times snack on unhealthy foods (e.g., chips, cookies, sweets)? If so, can you find ways to include nuts as a healthier, alternative choice? (For example, have a "nutty" snack pack handy in your bag instead of sweets or chips.)

Note: For healthier options, choose nuts in a natural form rather than sweetened or salted versions. They don't taste that bad!

What Are the Latest, Scientifically Proven Ways to Lose Weight & Keep It Off?

Researchers across the globe are constantly studying new techniques to help people lose weight. Now you can forget about subscribing to medical journals to learn this professional wisdom. *Scientifically Slim* breaks down the jargon and teaches you industry leaders' methods to help you get fit and maintain your ideal weight. It explains the findings in easy-to-understand language and teaches you how to take the information and add it to your own weight-loss journey.

You will discover that this isn't just any weight-loss book:

- It takes the lessons from each research study and helps you find the answers you need to understand your weight loss challenges and the skills needed to plan your path to better health.
- You will learn the power to control your eating habits in a healthy way, craft an effective exercise regimen, and keep a positive outlook.
- At the end of each chapter, *Scientifically Slim* includes Action Points & Reflections, a detailed question and answer section.

Whether you choose to complete a section every day or every week, each time you pick up this book, you will be one step closer to setting your weight loss or maintenance goals and working to attain them. *Scientifically Slim* is your first step to the body and life you want.

“Scientifically Slim provides the reader with the latest scientific research that validates the effectiveness of the strategies it outlines.”

Denise E. Bruner, MD, FASBP
Past President & Past Chairman of the Board, American Society of Bariatric Physicians

“This book is a must for anyone who has tried to lose weight and failed.”

Vicki Berkus, MD, PhD, CEDS
Past President, International Association of Eating Disorders Professionals

“Scientifically Slim succinctly educates the reader by providing scientific answers and proven solutions . . .”

Ralph E. Carson, PhD, RD
Co-author, *Harnessing the Healing Power of Fruit* (2008)

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