

ACHIEVING A HEALTHY+ HAPPY WEIGHT



Reaching and maintaining a healthy weight is one important piece of the puzzle for your overall health and well-being. Being overweight or obese increases the risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes and certain types of cancer! Maintaining a healthy weight not only reduces your risk for these health problems, it can also help you have more energy, which may improve your overall quality of life. These simple tips can help you reach your weight and healthy lifestyle goals.

PLAN AHEAD

Block off time on your calendar for exercise, prepare healthy meals for the week over the weekend, or pack your lunch the night before. If you plan ahead, you are making a commitment to yourself to follow through.

MUNCH MINDFULLY

Successful weight management starts with being mindful at meal and snack times. Sitting down for a meal instead of eating on the go, savoring each bite and turning off the TV during meals are all examples where you can practice mindfulness and really focus on the enjoyment of food. You can also look for cues that you may be getting full—putting down your fork, taking a deep breath or feeling satisfied with what you've eaten.

FIND YOUR HAPPY WEIGHT

How you feel about your weight is perhaps even more important than what the scale says. Ideal weight charts may not tell the whole story, so it's important to listen to your body and find a weight that you can maintain comfortably as part of a healthy, active lifestyle.

CREATE A WINNING COMBINATION

Meals and snacks that combine protein, fiber and good fats² can help stave off hunger and satisfy you until your next meal.

WINNING SNACKING COMBINATIONS

Avocado + Whole-Wheat Toast + Hot Sauce
Cottage Cheese + Slivered Almonds + Mixed Berries
Baked Apple + Almond Butter + Granola
Edamame Hummus + Snap Peas + Whole-Wheat Pita Bread
Scrambled Egg + Spinach + Feta Cheese
Frozen Raspberries + Almond Milk Blended into a Smoothie ³



THE SCIENCE OF SATIETY: WHAT MAKES US FEEL FULL?

We all know the feeling—the growling stomach and insatiable appetite that is sure to sabotage the best-laid weight management plans. Staying ahead of your hunger and keeping cravings in check is an important factor in feeling satisfied and sticking to a healthy diet.

Researchers are continuing to explore the factors that impact satiety, or the feeling of fullness, as a strategy to enhance weight management. **In fact, two recent studies suggest that a simple daily snack of almonds may help keep hunger under control.**

One study found that eating 1.5 ounces of dry-roasted, lightly salted almonds every day for 4 weeks resulted in decreased appetite without increasing body weight⁴. The 137 adult participants (who were at risk for type 2 diabetes) were not given any other dietary instruction other than to follow their usual diet and exercise plan. **Despite snacking on 250 calories from almonds daily for four weeks, participants didn't gain weight.**

Another study⁵ in 32 healthy women looked at the effects of eating 1 or 1.5 ounces of almonds compared to no snack on ratings of appetite and fullness. **Study participants felt the least hungry and ate significantly fewer calories at lunch and dinner when consuming the 1.5-ounce almond snack.** What's more, despite eating approximately 170 or 260 calories (1 to 1.5 ounces) from almonds, there were no differences in total daily calorie intake, indicating that they naturally compensated for the additional calories consumed earlier in the day.

Although both studies were short term and did not account for habitual almond intake, they add to longer-term studies demonstrating that a serving of almonds can be a healthy snack option for those watching their weight⁶.



MAKE YOUR CALORIES COUNT

Many commonly consumed snacks provide empty calories that don't fill you up. The best snacks fill nutrient gaps in your diet and contain a combination of fiber, protein, and good fats that work together to nourish your body and satisfy your hunger. The nutrient profile of almonds—low on the glycemic index and providing 6 grams of protein, 4 grams of fiber and 13 grams of unsaturated fats⁷, and important vitamins and minerals such as vitamin E and magnesium—makes them a weight-wise snack option any time of day. Additionally, a recent study measuring digestibility found that whole unroasted almonds contain 25% fewer calories than the nutrition label states, suggesting that because of their rigid cell structure, not all calories are available for absorption⁸. Roasted almonds were found to offer 17% to 19% fewer calories. Further research is needed to better understand how this technique for calculating calories could potentially affect the calorie count of other foods.

TRY THESE

Make smart snack swaps to get more of the nutrients your body needs while kicking your hunger to the curb!

CRAVING THIS?	TRY THIS!
Candy Bar with Nougat and Caramel	1 oz. Cocoa and Coconut Dusted Almonds ⁺
Potato Chips	1/2 cup Canned, Drained Chickpeas Roasted with Lemon Juice + Salt ⁺
Ice Cream	1 cup Greek Yogurt + Berries or a Few Chocolate Chips ⁺
Chocolate Chip Cookie	1/4 cup Sweet*N Crunchy Trail Mix ⁺

1. CDC Adult Obesity Facts at <http://www.cdc.gov/obesity/data/adult.html>.

2. U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28 grams) has 13 grams unsaturated fat and only 1 gram of saturated fat.

3. Find these recipes and more in our Recipe Center at Almonds.com.

4. Tan YT, Mattes RD. Appetitive, dietary and health effects of almonds consumed with meals or as snacks: a randomised, controlled trial. *European Journal of Clinical Nutrition* 2013; 67: 1205-14.

5. Hull S, Re R, Chambers L, Echaniz A, Wickham SJ. A mid-morning snack generates satiety and appropriate adjustment of subsequent food intake in healthy women. *European Journal of Nutrition* 2014; DOI 10.1007/s00394-014-0759-z.

6. Hollis J, Mattes R. Effect of chronic consumption of almonds on body weight in healthy humans. *Br J Nutr* 2007; 98:651-656.

7. U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28 grams) has 13 grams unsaturated fat and only 1 gram of saturated fat.

8. Gebauer SK, Novotny JA. Food Processing and Structure Impact the Metabolizable Energy of Almonds. *Food and Function*. 2016; 7 (10): 4231-4238.

⁺ Find these craveable recipes and more at Almonds.com

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