



Lose Weight Eating More

What happens if you add fruit to your regular diet, eating three apples or pears as between-meal-snacks every day?

Fruit is low in calories, but it does have some. It isn't calorie-free. So, if you add food—even healthy food—to people's diets, won't they gain weight? No, subjects who ate three apples or pears every day added on top of their regular diet lost a couple of pounds. Was that reduction because of all that fiber since our gut bacteria can create anti-obesity compounds from fiber? Good question. That's why, in addition to the fruit groups, the researchers had a cookie group!

Subjects ate either three apples, three pears, or three cookies with enough oats in them to have about the same amount of fiber as the fruit. Despite the fiber, adding cookies to one's diet did not lead to weight loss. The researchers thought the weight-reducing secret of fruit was its low energy density, meaning you get a lot of food for just a few calories, so it fills you up.

"Energy density is a relatively new concept that has been identified as an important factor in body weight control in adults and in children and adolescents...Energy density is defined as the amount of energy [calories] per unit weight of a food or beverage...." Water, for example, provides a significant amount of weight without adding calories. Fiber, too. "Thus, foods high in water and/or fiber are generally lower in energy density. On the other hand, because dietary fat provides the greatest amount of energy per gram [calories per unit weight], foods high in fat are generally high in energy density."

High energy density foods are like bacon, which have a lot of calories in a small package. A medium energy density food is like a bagel, and low energy density foods are typified by fruits and vegetables. In general, the lower the better, but there are two exceptions: Soda is so heavy that by energy density it looks less harmful than it is, and nuts have so much fat that they appear less healthy than they are.

Otherwise, though, the science "supports a relationship between energy density and body weight...such that consuming diets lower in energy density may be an effective strategy for managing body weight." This is because people tend to eat a consistent weight of food. So, when there are fewer calories per pound, caloric intake is reduced.

A small drop in energy density can lead to a small drop in weight, and the greater the decrease in energy density, the greater the weight loss.

"Each of us need to awaken to the benefits of fruit. The more we depend upon the fresh fruit just as it is plucked from the tree, the greater will be the blessing."

—EG White

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Foods With Negative Calories

nutritionfacts.org, June 7, 2018

Large portion sizes are often targeted for obesity, but it's often hard to get people to eat less. But by choosing foods with less calorie density, we can eat the same amount, or even more food and still lose weight.

With a negative calorie count, it may not necessarily be eating less total calories at each meal, but filling up on healthy food which will demand less calories of otherwise food that would be eaten with higher calorie count.

Cut Out Bacon and Booze to Slash Cancer Risk

Stuff, May 25, 2018

A 10-point plan issued by 'The World Cancer Research Fund,' follows a study of 51 million people - the largest research in the world. It links excess weight to at least 12 cancers and sets out specific advice on how to cut risks.

"People should cut out alcohol and bacon entirely to slash the risk of cancer," global blueprint on preventing disease says.

Several studies have linked alcohol and processed meat to increased risks of cancer.

Benefits of Berries for Blood Pressure May Be Blocked by Yoghurt

nutritionfacts.org, June 13, 2018

Three Harvard studies followed more than 10,000 women for over 10 years, found those consuming the most berries like strawberries and blueberries, had 8% reduction in risk of developing high blood pressure. But the results were from only eating about a tenth of a cup of berries.

When the berries were prepared in a smoothie made from yoghurt, the effect of the lowering of the blood pressure was blocked and the benefits far less effective. It was found those prepared with just water very effective.

"Energy density can be reduced in a variety of ways such as the addition of vegetables and fruits to recipes or by lowering the fat or sugar content." Indeed, the original diet—eating predominantly low energy density foods such as fruits, vegetables, plants, and tubers (starch-filled roots like sweet potatoes). The first study emphasizing how fruits and vegetables could affect energy density and food intake was conducted more than 30 years ago.



Researchers were able to cut people's caloric intake nearly in half—from 3,000 calories a day down to 1,570—without cutting portions. They simply substituted high energy dense foods with less calorie dense foods. That means subjects ate lots of fruits, vegetables, whole grains, and beans, compared to having high-energy density meals with lots of meat and sugar. They ate nearly half the calories, but they reported enjoying the meals just as much.

Researchers tried this in Hawaii by putting people on a traditional Hawaiian diet with all the plant foods they could eat. The subjects lost an average of 17 pounds in just 21 days, resulting in better cholesterol, triglycerides, blood sugars, and blood pressure. Caloric intake dropped 40 percent, but not by eating less food. In fact, they lost 17 pounds in 21 days while eating more food—four pounds of food a day. But, because plants tend to be so calorically dilute, one can stuff oneself without seeing the same kind of weight gain.

"The energy density of foods is of interest for weight management not only because it allows people to eat satisfying portions while limiting calories, but also because reductions in energy density are associated with improved diet quality." For example, lower energy dense diets are associated with lower risk of pancreatic cancer.

Lower energy-dense diets tend to be of healthier foods, so we get the best of both worlds.

—Michael Greger M.D. FACLM, June 12, 2018

Add Life - Sheri Yohe

Sheri Yohe, after struggling with various health issues from her early years, was diagnosed with Chronic Fatigue Syndrome when only 37 years old. Now in her mid 50's she has more energy and vitality than when she was a teenager. This book is written to share with you an amazing lifestyle discovery that turned her life from a daily struggle with pain and fatigue to one filled with exciting possibilities

This book is a gluten free recipe book offering a transition to raw foods that add energy to your day and quality years to your life.



168 pages, illustrated hardback \$34.00

Recipe - Joanne's Potato and Pumpkin

3-4 medium potatoes
1/4 pumpkin
1-2c water

Cut potatoes and pumpkin into bite-size cubes and place in saucepan. Add water until vegetables half submerged. Bring to the boil and simmer until tender.

2 onions diced 1t salt
400ml can coconut cream 2-3 cloves crushed garlic
1/2t cumin

Add the above ingredients to the cooked pumpkin and potato mixture. Simmer for another 2-5 mins. Stir well so pumpkin breaks up. Nice served on toast or with a salad. Yield: About 8 cups.

Variation: Add 2 cups cooked brown rice or barley when adding the coconut cream.