
healthy diet In the News: Almonds, as Part of Healthy Diet, Cut Cholesterol

Posted by Violet - 2008/11/17 08:48

Almonds, as Part of Healthy Diet, Cut Cholesterol Mon Aug 19, 6:17 PM ET By Suzanne Rostler NEW YORK (Reuters Health) - Including almonds in an overall healthy diet may help to reduce cholesterol levels, the results of a small study suggest. According to the report funded by The Almond Board of California and the Canadian government, adults who substituted 74 grams of almonds (about 2 ounces) for other foods reduced their LDL (bad) cholesterol by nearly 10% after 1 month. Adults who consumed fewer nuts also saw their cholesterol levels fall, researchers report in the September 10 rapid access issue of Circulation: Journal of the American Heart Association. However, adding nuts to a diet already sufficient in calories and fat could lead to weight gain, a risk factor for heart disease, cautions Julie Walsh, a spokesperson for the American Dietetic Association. While nuts are rich in protein and healthy monounsaturated fat, they are also high in calories. People have to remember when they eat nuts they have to take out calories elsewhere, Walsh said in an interview with Reuters Health. The study included 27 adults with high cholesterol and an average age of 64 years, who agreed to follow three diets with a different snack of about 420 calories per day, for a month each. The first diet included a snack of 74 grams of almonds, the second diet included about 37 grams of almonds plus one-half of a muffin, and the third diet substituted a whole-wheat muffin, low in saturated fat, for the nuts. The muffin had roughly the same amount of protein and saturated and polyunsaturated fat as the nuts. But almonds are higher in monounsaturated fat, found also in avocados, olive oil and other types of nuts. When substituted for saturated fat or trans fat, which is found in processed foods and baked goods, monounsaturated fat has been shown to lower cholesterol levels. Indeed, adults eating the diet with more almonds reduced their LDL cholesterol by 9.4% and lowered their ratio of LDL to HDL (good) cholesterol

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Posted by Bob - 2008/11/17 08:48

The health benefits would be observed in individuals with high cholesterol and in those with normal levels, he added. You'll note that they tested people with high cholesterol. Yet, the researcher says that the health benefits would be observed in those people with normal levels of cholesterol. But they never tested anyone with normal cholesterol levels. So, how can he make this statement without some sort of proof? Perhaps almonds cause LDL to go up in people with normal cholesterol. The data from this study sheds no light on what happens with people with normal cholesterol.

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Posted by readandpost rosie - 2008/11/17 08:48

proof? Perhaps almonds cause LDL to go up in people with normal cholesterol. The data from this study sheds no light on what happens with people with normal cholesterol. the study was paid for by the ALMOND GROWERS ASSOCIATION!

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Posted by Lana Rosanna Dana - 2008/11/17 08:48

Julie Walsh, a spokesperson for the American Dietetic Association. ... People have to remember when they eat nuts they have to take out calories elsewhere, Walsh said in an interview with Reuters Health. And dieticians obviously think all of us, the great unwashed masses, have the mental maturity of a five year old. Lana

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Posted by Wayne Crannell - 2008/11/17 08:48

However, adding nuts to a diet already sufficient in calories and fat could lead to weight gain, a risk factor for heart disease, cautions Julie Walsh, a spokesperson for the American Dietetic Association. While nuts are rich in protein and healthy monounsaturated fat, they are also high in calories. Have you noticed that these days any quote that tells us fat is bad or we're going to die from eating an egg has American Dietetic Association plastered all over it? And they call US cultists... _/_/_/_/_/_/_/_ Wayne Crannell 250/158.5/150 Atkins+ 10/27/01 _/_/_/_/_/_/_/_

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Posted by Carol Ann - 2008/11/17 08:48

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Posted by BillJ - 2008/11/17 08:48

researcher says that the health benefits would be observed in those people with normal levels of cholesterol. But they never tested anyone with normal cholesterol levels. So, how can he make this statement without some sort of proof? Perhaps almonds cause LDL to go up in people with normal cholesterol. The data from this study sheds no light on what happens with people with normal cholesterol. the study was paid for by the ALMOND GROWERS ASSOCIATION! Most nutrition studies are funded by some food company or group which has an interest in a particular outcome. And they sometimes put great pressure on the researchers to come up with the right results. There's a book out that documents this in detail but I can't think of the title at the moment. BillJ

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Posted by Jacqueline Davidson - 2008/11/17 08:48

people with normal cholesterol. the study was paid for by the ALMOND GROWERS ASSOCIATION! Their slogan is A can a day, that's all we ask! I used to willingly accommodate them too.... Jackie

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Posted by M. Donnelly - 2008/11/17 08:48

Well, every once in a while around here there is a Do Not!! - Do, Too!! kind of snitting. Like in The Great Scribbling Crayon War in the No vs Low Carbs thread

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Posted by revek - 2008/11/17 08:48

have the mental maturity of a five year old. Lana

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Posted by M. Donnelly - 2008/11/17 08:48

I was really only referring to the length the thread has grown to, certainly not to the merits of the posts which I just gave up and marked read because the whole thing just got so banal

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Posted by revek - 2008/11/17 08:48

the No vs Low Carbs thread dunno/188/120 Lana Rosanna Dana <lnels...@UNSPAM.houston.rr.com wrote in message And dieticians obviously think all of us, the great unwashed masses, have the mental maturity of a five year old. Lana

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Posted by M. Donnelly - 2008/11/17 08:48

Now, a really useful argument involving crayons would be one debating the merits of, say, burnt sienna versus raw umber.

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Posted by Ed Tabakin - 2008/11/17 08:48

There's a book out that documents this in detail but I can't think of the title at the moment. I think the book might be Food Politics, by Marion Nestle. It was in the news in the spring. Nestle is a low-fat, high carb advocate; she was in the gov't and working on the Food Pyramid 10 years ago, and her book goes into how business interests shape nutritional advice. One thing she talked about in interviews was how university studies are usually funded by the interested corporations, and the results most always support what the corps want.

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Posted by readandpost rosie - 2008/11/17 08:48

than who paid the bills. sorry lee, but i don't agree with you.....WHO financed the study, and WHATS IN IT FOR THEM, are ALWAYS good questions to ask.....

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Posted by Brandon Berg - 2008/11/17 08:48

A reading of the actual study and design is more important than who paid the bills. sorry lee, but i don't agree with you.....WHO financed the study, and WHATS IN IT FOR THEM, are ALWAYS good questions to ask..... Yes, but you can't reject it based solely on that information.

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Posted by Brandon Berg - 2008/11/17 08:48

Now, a really useful argument involving crayons would be one debating the merits of, say, burnt sienna versus raw umber. Raw umber is clearly superior. Anyone who thinks otherwise is...well... think isn't really the right word to use for that kind of person, is it?

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Posted by revek - 2008/11/17 08:48

be mature! So there! :P hehe) In our last episode, M. Donnelly <donne...@datastar.net said: I was really only referring to the length the thread has grown to, certainly not to the merits of the posts which I just gave up and marked read because the whole thing just got so banal dunno/187/120 revek <nunaurbidn...@youdontneedtoknow.invalid wrote in message Oh please, the only one pitching a fit is Gia.

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Posted by LYMPICITA - 2008/11/17 08:48

Now, a really useful argument involving crayons would be one debating the merits of, say, burnt sienna versus raw umber. Raw umber is clearly superior. Anyone who thinks otherwise is...well... think isn't really the right word to use for that kind of person, is it? Raw umber?? what are you MAD?? Dont you know that Red is much much much MUCH better? Kaye

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