

# Conquer with ev

## Fend off pesky hunger pangs

Snacking on peanuts or peanut butter straight out of the jar quells cravings for more than two hours, according to a Purdue University study. The researchers also found that, despite consuming 500 extra calories per day from peanuts, study subjects didn't gain weight. Though the reason isn't entirely clear, study author Richard Mattes, Ph.D., says it may be because—in addition to their high satisfaction power—the salty snacks rev metabolism, so peanut eaters burn calories faster.

## Feel fully satisfied 26% sooner

Eating soup cuts food intake by 26 percent, Penn State University researchers report. "A big bowl of soup acts as a visual cue," explains study author Barbara Rolls, Ph.D. "When you look at it, you anticipate feeling full. And as the large volume of liquid is being digested, it activates the stomach's stretch receptors, which send 'I feel satisfied' signals to your brain. Plus, soup leaves the stomach slowly, so you feel full longer."

**"Research proves it:  
You can effortlessly overcome  
your food cravings just by eating  
the right foods."**

—Neal Barnard, M.D., nutrition researcher and author of *Breaking the Food Seduction* (St. Martin's Press, 2003)

## Outsmart P.M. snack attacks

Evening munchies are the downfall of 90 percent of dieting women, say recent surveys. But University of Toronto scientists discovered that subjects who quickly downed a 6 oz. glass of a high-calorie fruit-flavored drink (like Kool-Aid or cranberry juice) felt full for up to an hour afterward *and* they ate 100 fewer calories at their next meal. The likely reason: The concentrated amount of sugar in such drinks triggers a near-immediate rise in blood glucose levels that sends satiety signals to the brain, says study author G. Harvey Anderson, Ph.D.





# cravings

## everyday foods!

### Eliminate the urge for sweets

If you often have a hankering for sugary treats, it may be because your diet is too high in acidic foods like meat and dairy products, says Robert O. Young, Ph.D., microbiologist and coauthor of *The pH Miracle* (Warner Books, 2003). The fix? "Simply choose alkaline foods—tomatoes, cucumbers, avocados, cauliflower and broccoli—to tip your body's balance from acidic to neutral," he advises. "When your pH is neutral, your body produces fewer sugar-hungry yeast cells, which helps banish junk-food cravings."



### Nix PMS noshing

"As your period approaches, estrogen levels plummet, triggering cravings," says Neal Barnard, M.D., adjunct associate professor of medicine at The George Washington University School of Medicine and Health Sciences in Washington, D.C. But munching on fiber-rich foods—such as baked beans (6.3 grams per ½ cup), raspberries (4.2 grams per ½ cup) and carrots (2.2 grams per medium stick)—regulates your body's midcycle estrogen production, keeping levels of the hormone on a more even keel throughout your entire cycle, he explains. And that's not all fiber can do for your figure. For every 14 grams you consume per day (the amount found in a bowl of All-Bran cereal and a pear), you take in 10 percent fewer calories, Dr. Barnard adds.

### Melt away 38% more stubborn pudge

In a Brazilian study, subjects who ate a small pear or apple before each meal lost 38 percent more weight than participants who went without the fruit. The possible cause? Fiber-rich foods like fruit have a low glycemic index, which means they're digested slowly, says study author Rosely Sichieri, M.D., Ph.D. "Since low-glycemic foods linger in the small intestine, they trigger receptors that tell the brain there's food still in the stomach to be digested," she explains. These foods have been shown to cut cravings and between-meal snacking by an incredible 81 percent.



## Research updates

### Blood sugar-balancing nutrient

Eating foods rich in vitamin E may help keep diabetes at bay, according to a Finnish study published in *The American Journal of Clinical Nutrition*. The researchers tracked 101 high-risk women and found that a diet high in vitamin E lowers blood glucose levels, which has been linked with a reduced risk of diabetes. Good sources of the vitamin include nuts, spinach, asparagus and canola oil.

### Surprising benefit of dark chocolate

Plant substances in dark chocolate may lower blood pressure, Dirk Taubert, M.D., professor of pharmacology at the University of Cologne in Germany, tells us. His team studied subjects who had mild hypertension and found that the blood pressure of those given white chocolate remained virtually unchanged while blood pressure fell significantly in those who ate dark chocolate. The researchers attribute the effect to the cocoa plant's phenols, which dilate and relax arteries.



### Heart-health update

Vitamin C may lower women's risk of heart disease by 27 percent, says Stavroula Osganian, M.D., director of the clinical research program at The Children's Hospital Boston. After tracking more than 85,000 women for 16 years, her team concluded that those who consumed at least 360 mg of vitamin C per day were significantly less likely to suffer from heart disease than women who didn't have extra C. To get the benefits, take a vitamin C supplement or fill up on C-rich foods like oranges, grapefruits, red and green peppers and Brussels sprouts.