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# EPIC WELLNEWS

## SUMMER FRUITS FOR WEIGHT LOSS



Controversy swirls around the question of whether people who want to lose weight should eat fruit. There is the myth that, because fruit contains sugars, eating fruit will make you gain weight - or at least keep you from losing it.

The facts are overwhelmingly in fruit's favor. Studies show that people who eat more fruit tend to be thinner and don't gain weight as readily.

Summer is an ideal time to enjoy plentiful fruits, such as peaches, nectarines, apricots, cherries, grapes, melons, strawberries, blueberries, raspberries, plums, pluots, kiwis, and many others. If you are not delighted with the quality of supermarket fruit, try buying at a farmers market or natural food store, or even traveling to a nearby farm to pick your own.

### **SURPRISING FACTS**

High quality, scientific studies, published in reputable nutrition and medical journals, show promising results for fruit and weight.

One analysis is an overview of 16 other studies of the effect of eating fruit on weight. Eleven of these found that eating more fruit is associated with significant reductions in weight or less risk of gaining pounds over time. None of the studies found that eating fruit leads to weight gain.

A 2010 study in the journal *Nutrition* investigated how fruit consumption impacted weight loss in 77 overweight and obese dieters. The researchers confirmed that participants who ate more fruit were significantly thinner than the others and lost more weight.

Why does fruit spur weight loss and help prevent weight gain? Researchers give many answers, including the low caloric density of fruit (that is, because of its weight and water content, there are not many calories in a bite of a whole fruit, compared to a bite of many other foods). Other ideas are related to the beneficial fiber in fruit, the amount of satisfaction from chewing fruit, and the many nutrients in fruit that help satisfy the body's hunger receptors.

Fruit also answers your desire for great taste. Bakers and candy-makers try to copy fruit flavors, which are naturally appealing to people. However, real fruit satisfies the craving for delicious food naturally, so that you want fewer empty calorie, processed foods.

Bottom line - you can enjoy nature's best foods without guilt or worry.

#### References

[http://www.sparkpeople.com/blog/blog.asp?post=getting\\_your\\_kids\\_excited\\_about\\_healthy\\_foods](http://www.sparkpeople.com/blog/blog.asp?post=getting_your_kids_excited_about_healthy_foods)

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