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Eating nuts could help us to keep slim – 26th September, 2019

Level 0

Harvard University says nuts could be a slimming aid. It said we could replace unhealthy snacks with nuts to slow down weight gain. People who ate 14g of nuts every day gained less weight than those who ate unhealthy snacks. However, eating nuts and not unhealthy snacks reduced weight gain by just 0.4 to 0.7kg over four years.

The researchers' looked at the lifestyles of 190,000 health workers and nurses over twenty years. Researchers asked them questions every four years about their weight, exercise, and how often they ate nuts. A researcher said nuts might help reduce weight gain as we get older. It might also lower the chances of obesity.

Level 1

Research from Harvard University says nuts could be a useful slimming aid. It recommended people replace unhealthy snacks with nuts to slow down weight gain, especially for older people. People who ate 14g of nuts every day gained less weight and were less likely to be obese than those who ate other snacks. The benefits could be small. Eating nuts instead of unhealthy snacks could reduce weight gain by just 0.4 to 0.7kg over four years.

The researchers' looked at the lifestyles of 190,000 people over twenty years. There were three groups of people. One had 51,000 male health workers aged 40 to 75, and others had nurses aged 24 to 55. Researchers asked them questions every four years about their weight, their exercise, and how often they ate nuts. Replacing less healthy foods with nuts might help reduce weight gain as we age. It might also lower the chances of becoming obese.

Level 2

Research says nuts could be a valuable and tasty slimming aid. Harvard University researchers recommended people replace unhealthy snacks with a handful of nuts to slow down weight gain. This is especially helpful for people as they get older. The researchers said people who ate 14g of nuts every day gained less weight and were less likely to become obese than those who ate other snacks. The benefits to our weight could be quite small. Eating nuts instead of chocolate and cakes could help prevent a weight gain of just 0.4 to 0.7kg over four years.

The researchers' study was twenty years long. They looked at the lifestyles of 190,000 people. The participants in the research were divided into three groups. They included over 51,000 male health professionals aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 nurses aged 24 to 44. Researchers asked them questions every four years about their weight, their exercise, and how often they ate nuts. A researcher said replacing less healthy foods with nuts might help reduce the weight gain that is common as we age, and might lower the chances of becoming obese.

Level 3

New research says eating nuts could be a valuable, tasty and nutritious slimming aid. Researchers from Harvard University recommended that people replace a daily unhealthy snack with a small handful of nuts to slow down weight gain. They say this is especially helpful for people as they get older. The researchers found that people who ate just 14g of nuts every day gained less weight than those who ate another snack. The people who ate the nuts were less likely to become obese. However, the benefits to our weight could be quite small. The scientists said swapping chocolate, cakes and potato chips with nuts could help prevent a weight gain of just 0.4 to 0.7kg over four years.

The researchers conducted a long-term study in which they looked at the lifestyle of nearly 190,000 people over two decades. The participants in the research were divided into three groups. They included more than 51,000 male health professionals aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 nurses aged 24 to 44. Researchers asked the participants questions every four years about their weight, how often they ate nuts, and how often they exercised. Researcher doctor Xiaoran Liu said: "Incorporating nuts [into] a healthy diet by replacing less healthy foods may help [reduce] the gradual weight gain common during adulthood and beneficially contribute to the prevention of obesity."