

The **7 BEST**

Snacks for a

Flat Belly



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SNACK ATTACK

It's no secret that obesity levels have been on the rise over the last several decades. In the United States alone, approximately 29% of 20- to 39-year olds, 37% of 40- to 59-year olds, and 31% of those aged 60+ are obese. ⁽¹⁾A variety of dietary factors, including intake of energy beverages and sports drinks, away from home eating, portion sizes, and snacking have been related to increases in energy intake and the prevalence of obesity at various stages of life. ⁽²⁻⁹⁾

While it's often thought—perhaps mistakenly so ⁽¹⁰⁾—that lower meal frequencies are to blame for the increase in the population's collective waist girth, it's becoming readily apparent that *increases* in eating opportunities may be in part responsible for the rise in obesity. In fact, snacking, which is broadly defined as eating occasions different from main meals (e.g., breakfast, lunch, dinner/supper), has been commonly regarded as contributing to excess weight. ^(11, 12)

Along these lines, multiple studies examining the eating behaviors and food choices of young adults and children have reported large increases in snacking frequency and higher contribution of snacking to total energy intake. ^(13, 14) Unlike one popular cereal slogan, however, snacking is not just for kids. *[Note: A bit of foreshadowing, the popular breakfast cereal cited in the previous sentence would not be considered a good snack.]*

As a matter of fact, research now suggests that increases in eating opportunities are in large part responsible for increases in total calorie consumption amongst adults. In fact, researchers from the University of North Carolina set out to examine overall patterns of snacking, shifts in energy intake from snacking, snacking occasions, and energy intake per



snacking event over the course of the last 30 years. In addition, they also investigated shifts in snacking food and beverage sources, as well as the overall trends of the energy density of snacks and meals. ⁽¹⁵⁾

What the scientists found was quite interesting:

- The number of snacking occasions increased;
- The contribution of snacks to total calorie intake increased;
- The energy density of snacks also increased; and
- Desserts contribute the highest percentage of calories to total energy intake, and the researchers noted increases in the consumption of salty snacks (e.g., crackers, chips, popcorn, pretzels) and sweetened beverages with subsequent decreases in fruit and dairy.

Eat this TWICE daily for accelerated fat loss

At the link below, we're going to show you the #1 fat-burning meal of ALL-TIME, and how by eating this simple meal twice daily, you can shed fat faster AND easier than ever before.

Even better, you can prepare this simple fat-melting meal in less than 60 seconds.

No, it's not too good to be true.

==> [The #1 Fat-Burning Meal \(Eat this 2xs a day\)](#)

In another study conducted at the University of North Carolina, researchers found that, over the last 30 years, average daily total energy intake has increased from 1,803 calories in 1977–78 to 2,374 calories in 2003–06, an increase of 570 calories. In the last decade alone, the average daily energy intake increased by 229 calories.

Although the energy density of food and drink, portion size, and the number of meals and

snacks per day have all contributed to the increases in total calorie consumption, increases in the number of eating occasions (e.g., snacking) and in portion size have accounted for most of the change. In fact, in the last 10 years alone, increases in eating opportunities have accounted for 39 times the increase in calories compared to portion sizes. ⁽¹⁶⁾

Snacking by the Numbers

- 98% of children and 97% of adults snacked daily in 2006, compared to 74% and 71%, respectively, in 1977.
- 579 calories adults consumed daily from snacks, 222 calories more than 1977.
- 27% of a child's total calories come from snacks.
- 3 hours (children) and 3.5 hours (adults) between eating occasions, 1 hour less than 1977.
- 74% of Americans snack in the evening, 57% in the afternoon, and 45% in the morning.
- \$63.7 billion was the revenue of the U.S. snack industry in 2010.
- Global snack sales totaled \$374 billion annually ending March 2014, an increase of 2% year-over-year.
- Women consume more snacks than men. Nearly one in four women surveyed said they snack three to four times a day. A little less than one in five men do. Women are also more likely to snack while using the phone or tablets during their down time.
- Both men and women reported satisfying hunger and cravings as their top reason for snacking, but a greater share of women report snacking for stress relief, because of boredom, or as an indulgence.
- About 17% of people said they are snacking more than they were just one year ago.
- 25% of people who snack daily do so three to five times a day and 3% report that they are "always snacking." About 8% say they "always" binge snack, and another 31% do so occasionally.
- Additional resources ^(17, 18)

MindFUL or MindLESS Eating

Recently, there has been an increased interest in examining "recreational" eating. ^(19, 20) Along these lines, Drs. Popkin and Duffey from the University of North Carolina published an article to promote research on the question, "Do hunger and satiety still

affect eating or has recreational (or mindless) eating taken over?”⁽²¹⁾

Just like previously reported research, these scientists found considerable increases in the number of daily snack episodes reported by adults. What’s more, they found that the change in food type and amount resulted in the average snack providing 100 – 300 calories per snacking episode. This increase in eating frequency and subsequent energy intake led them to posit that food intake is influenced by myriad biological, environmental, and social signals.

They may very well be on to something. In a recent research article that appeared in the April 2013 issue of the prestigious *American Journal of Clinical Nutrition*, scientists from the University of Birmingham (United Kingdom) reviewed 24 different studies that examined the effect that manipulating memory, distraction, awareness, or attention has on food intake.⁽²²⁾

The scientists found that eating when distracted not only causes folks to eat more at that meal or snack, but get this, it also causes people to eat an even greater amount later on in subsequent meals. On the other hand, the researchers found that being more attentive to meals and using “food memories” (i.e., using visual reminders of meals, keeping food wrappers) led to decreased food intake both immediately and at later meals.

This research provides clear evidence that the practice of “mindful eating” is increasingly important when trying to lose fat. As a matter of fact, the authors of the study concluded:

“Evidence indicates that attentive eating is likely to influence food intake, and incorporation of attentive-eating principles into interventions provides a novel approach to aid weight loss and maintenance without the need for conscious calorie counting.”

With that in mind, in addition to choosing healthier snacks, putting mindfulness into practice may also be helpful. You can start to do this by simply asking yourself if you’re truly hungry.

Another great way to put mindfulness into practice is by **eating slowly**, and here are some helpful guidelines:

- **Remove Distractions.** As the researchers suggested, distractions cause you to eat more. Turn off the TV, shut down the computer, and set your phone in another room. As a matter of fact, sit at the table and take the time to enjoy your meal.
- **Use Smaller Plates.** Appearance can be deceiving. A smaller plate that's full is much more satisfying than a large plate that is half empty because it gives the impression that there is a more abundant amount of food.
- **Take Your Time.** Cara Stewart, Registered Dietician and member of the Penn Metabolic and Bariatric Surgery team, says that it takes approximately 20 minutes for your brain and stomach to register fullness. Take your time, and allow your body to better gauge your level of fullness and satiety.
- **Chew Thoroughly.** Take your time with each bite and try to recognize different tastes and textures. A good guide is to chew each bite 20 times. The added benefit of this is that digestion starts in the mouth, so you may be able to avoid some GI distress by chewing more thoroughly.
- **Take Smaller Bites.** Cut your food into smaller pieces, which will help increase the duration of the meal. You could even use smaller utensils to help decrease the size of each bite. This will also help you feel like you've eaten more.
- **Put Your Fork Down.** Remember, your fork is not a shovel. You can set it down between bites, which will help you focus on the taste, look, smell, and feel of your meal and help you to slow down your pace.
- **Have a Conversation.** You're already sitting at the table, you might as well ask your partner and children how their days were. If you have any manners, you won't talk and chew at the same time, so this will slow down your eating, as well as enhance the memory of the meal.
- **Eat with Your Non-Dominant Hand.** Michael Jordan once said that one of the reasons he is the greatest basketball player of all time is because everything that he did with his right hand he also did with his left — from dribbling a basketball to brushing his teeth. Not only will doing this enhance your dexterity, the awkwardness of this task will force you to slow down your eating and take smaller bites.
- **Set a timer.** Start with 15 minutes per meal as a basic goal. Work up to 20 or even 30 minutes.

In addition to these slow eating tips, you can practice mindfulness by making healthier choices when you do decide to snack. Simply put, there's a right (and a wrong) way

to snack when it comes to optimizing your health, body composition, vitality, and performance. Done properly, snacking can help satisfy your appetite, fuel your activities, and provide you with valuable nutrients.

On the other hand, choosing gut-busting snacks loaded with heavily-processed, high glycemic carbohydrates and refined sugars can be bad news for fat loss, put a damper on your energy levels, and lead to subsequent poor food choices. ⁽²³⁾

Do THIS before eating carbs (every time)

At the link below, we're going to show you our #1 carb-fighting trick that you can use each and every time you eat carbs. This simple carb-fighting "ritual" is clinically proven to:

- *Lower your blood sugar
- *Increase insulin sensitivity
- *Decrease fat storage
- *Increase fat burning

Even better, you can perform it in just a few seconds...and it WORKS like gangbusters.

==> [Do THIS before eating carbs \(every time\)](#)

7 BEST SNACKS FOR A FLAT BELLY

Hard-Boiled Eggs

When it comes to fighting the battle of the bulge, there is likely not a more important nutrient than protein. As a matter of fact, researchers suggest that an increased protein intake may be one of the single most important dietary and lifestyle changes that one can make as part of an effective weight loss strategy.



Specifically, there are multiple potential beneficial outcomes associated with an increased protein intake: ⁽²⁴⁾

1. Increased satiety: Protein-rich foods induce a greater sense of satisfaction than fat- or carbohydrate-rich foods, and they may even decrease energy intake in subsequent meals;
2. Increased thermogenesis: Dietary protein exerts a significantly higher “thermic effect” than fats or carbohydrates, and high-protein diets have continuously been shown to boost the metabolism (i.e., increase energy expenditure); and
3. Maintenance or building of fat free mass (FFM) and preservation of metabolic rate: High-protein diets have continuously been shown to preserve FFM when dieting for fat loss, and they have also been shown to be necessary for the preservation of metabolic rate, which is frequently compromised as a result of dieting. ⁽²⁵⁾

Clearly, one of the single most important dietary factors that you can do to support your fat loss goals is boost your protein intake, and hard-boiled eggs are a good, quick, and easy source of protein, packing 7 grams per egg. They are also loaded with several

critical nutrients, including:

- Choline, which supports brain health and nervous system function;
- Lutein and zeaxanthin, which are potent antioxidants that fight free radicals and help prevent macular degeneration;
- Vitamin A;
- Vitamin D;
- Selenium;
- Phosphorus;
- Potassium;
- And more.

Hard-boiled eggs are an inexpensive, nutrient-dense snack packed with metabolism-boosting, appetite-satiating protein.

Plain Organic Greek Yogurt

If the benefits of a high-protein diet have not yet been extolled upon you, please allow us the opportunity to remind you that a diet rich in high-quality protein has well-established scientific support as a successful strategy to promote weight loss and weight management in adults, as high-protein diets have regularly been shown to result in greater losses in fat mass, maintenance or building of fat free mass, improved body composition, and preservation of metabolic rate when dieting. ⁽²⁶⁾

Along these lines, high-protein meals increase satiety and boost the metabolism. ⁽²⁷⁾ For those reasons, you can add plain Greek yogurt to your list of fat-fighting snacks. Greek yogurt contains more than double the protein of regular yogurt and only about one-third the amount of sugar. What's more, authentic strained Greek yogurt is rich in multiple sources of probiotics, and recent research published in the *British Journal of Nutrition* suggests that certain probiotics from the *Lactobacillus* family of bacteria, which are prominent in Greek yogurt, may help you lose weight and keep it off. ⁽²⁸⁾



Do you POOP enough?

Please excuse the somewhat personal nature of this excerpt, but the information we are about to share below is extremely important for both you and your digestive health.

You may not think that you're constipated, but in reality, it is VERY likely that you ARE.

You see, constipation is not simply "not being able to go", or only eliminating once a week...that's severe constipation. The truth is, a healthy digestive system should be eliminating after every meal.

Are you moving your bowels several times a day, once for every meal you eat? If not, you are suffering from constipation, which will cause a build up of toxins and undigested, rotten, putrid food in your digestive system.

This can make it much harder for you to lose fat while also wreaking havoc on your digestive system and overall health...really bad stuff. Just imagine all that rotted, disgusting food sitting there in your digestive system...yuck!

Fortunately, this can be corrected rather quickly, with a few simple steps:

==> [4 tips for healthy digestion and regular bowel movements](#)

When choosing a Greek yogurt, we recommend that you opt for plain versions, as fruit-flavored varieties have over three times as much sugar added. Instead, add some fresh fruit (e.g., berries), which will provide a nutrient-dense source of fiber, vitamins, antioxidants, and polyphenols.

In addition, we recommend that you choose organic sources of Greek yogurt and other forms of dairy whenever possible. Studies comparing organic to conventional have reported that organic dairy contains: ⁽²⁹⁾

- 25% fewer Omega-6 fatty acids, which are pro-inflammatory;
- 62% more Omega-3 fatty acids, which are anti-inflammatory;
- 2.5 times lower Omega-6 to Omega-3 fatty acid ratio, which is much closer to optimal;
- 32% more EPA and 19% more DHA, which are two Omega-3 fatty acids crucial for nervous system function, cardiovascular health, pain management, hormonal regulation, body composition, feelings of well being, and more; and
- 18% more conjugated linoleic acid (CLA), which has been shown to reduce body fat, increase lean body mass, and improve body composition. ⁽³⁰⁾

In addition to organic plain Greek yogurt, organic cottage cheese is another great, high-protein snack option.

Dark Chocolate

When most people think of snacks, they think of desserts. In fact, studies show that desserts, especially chocolate desserts, are the most popular type of snack and contribute the most energy to total calorie intake from snacks. After all, who doesn't like dessert?



For the most part, the vast majority of desserts are heavily processed and rife with refined sugars and inflammatory fats. Simply put, they are not a great option to help you lose fat and optimize your health. But, what if you could have your cake and eat it too? Well, with high-quality dark chocolate, you may be able to do precisely that.

Perhaps a more suitable title for this section would be cocoa, as it's actually cocoa that seems to possess significant health and waistline-friendly benefits. Cocoa contains up to three times more antioxidants than green tea, and it's these polyphenols that appear to be responsible for its health-conferring benefits. ⁽³¹⁾

Cocoa, and therefore dark chocolate, is rich in a compound called theobromine, which structurally belongs to a family of compounds collectively referred to as xanthine alkaloids. Also included in this family is caffeine, and cocoa does contain a small amount of caffeine as well.

That said, theobromine has been shown to have some unique fat loss properties. As is the case with other methylxanthines, theobromine has been shown to suppress the appetite (i.e., anorexia).⁽³²⁾ With dark chocolate, this is an especially nice effect, as a relatively small amount can help control hunger and while satisfying cravings for sweets.

Also similar to caffeine and other methylxanthines, theobromine has been shown to increase lipolysis (i.e., the break down of fat), which means it has the potential to heighten your fat-burning abilities. What's more, researchers have found that theobromine can increase fatty acid utilization during exercise, which means more fat burning and, under certain conditions, improved performance.⁽³³⁾

A very distinct benefit of the polyphenols found in dark chocolate was discovered in a study published in *The American Journal of Clinical Nutrition* in March of 2005 where researchers found significant insulin sensitivity benefits associated with the naturally-occurring polyphenols found in dark chocolate rich in cocoa.⁽³⁴⁾ Insulin sensitivity is a critical piece of the puzzle when it comes to fat loss, as it holds a key to unlocking your body's ability to burn fat effectively.⁽³⁵⁾

Remember, cocoa is not a chocolate bar, something whose added ingredients and processing reduce the number and type of flavonols, increase calories (cocoa itself has very few), and possibly change the physiological response to the cocoa. As researcher Dr. Andrew Neilson, assistant professor at Virginia Tech states, "The evidence does not show that you can eat a chocolate bar every day and expect to improve your health."

Keep this in mind when searching for a dark chocolate bar: Generally speaking, the higher the cocoa content the better. As you move down the "healthy" scale of dark chocolate bars (from highest to lowest cocoa content), you'll typically find more calories and sugar and less protein and fiber (as well as fewer flavonols).

Raw, Unsalted Mixed Nuts

Nuts are rife in monounsaturated fats (MUFAs), which are known for their heart-healthy benefits. Like olives and avocados, nuts are rich in a specific MUFA called oleic acid, which seems to have a potent impact on appetite regulation.

Researchers from the University of California Irvine found that oleic acid stimulates the production of a compound called oleoylethanolamide (OEA) by the cells of the small intestine. ⁽³⁶⁾ OEA helps to suppress appetite by activating specific sites in the brain that help to curb hunger. Previously, this group of researchers found that increasing OEA levels reduces appetite, produces weight loss, and lowers blood cholesterol and triglyceride levels. ⁽³⁷⁾

Although predominantly a fat-dense food, nuts also contain a healthy dose of fiber and some protein, and they are also a rich source of essential nutrients (e.g., fat-soluble vitamins, minerals) and phytonutrients.

As you already know, protein, fiber, and unsaturated fats like those found in nuts signal powerful satiety hormones. Researchers also believe that the sensory characteristics of nuts, specifically the fact that they're crunchy, also have satiety value. That is, the mechanical aspect of chewing nuts generates a satiety signal. ⁽³⁸⁾



What's more, nuts are also resistant to digestion due to the tough walls of their cells. According to researchers from Purdue University, as much as one-fifth of the fat in nuts never gets absorbed by the body. ⁽³⁹⁾ Furthermore, these scientists found that nuts may lead to an unexpected increase in energy expenditure in the hours after consumption.

Even more, consumption of nuts typically results in fewer calories consumed later in the

day. In fact, studies estimate that upwards of three-quarters of the calories contributed by nuts is compensated by lower subsequent energy intake. ⁽⁴⁰⁾

Do THIS twice daily to burn BELLY FLAB

Exciting news to share with you today... There's a new way to burn belly fat that has been shown in more than a DOZEN research studies to help you burn fat and slim your waist at an accelerated rate.

In fact, one breakthrough study showed that those who performed this belly-burning trick just twice daily **burned 400% more fat** than those who didn't. Another study published in the *Journal of International Medical Research* showed that those using this powerful flab-burning trick lost 20% of their body fat in just 12 weeks. And get this... the trick takes less than a minute to perform!

Would you like to burn 400% more fat by using this quick, belly-busting trick just twice daily? We show you exactly how to do it here:

==> [Do THIS twice daily to burn BELLY FLAB \(takes less than 1 min\)](#)

Overall, a collection of epidemiological evidence suggests that folks who regularly consume nuts have a lower body mass index (BMI) than non-consumers. Further, clinical studies have consistently found that the inclusion of nuts leads to greater compliance and weight loss compared to when nuts are excluded. ⁽⁴¹⁾

Because of their diverse nutrient profiles, consider trying a variety of nuts, including:

- Almonds
- Brazil Nuts
- Cashews
- Pecans
- Pistachios
- Walnuts

Guacamole

While guacamole recipes can vary and range from incredibly simple to simply intricate, the centerpiece is always the avocado. A nutrient-dense fruit, avocados contain upwards of 20 essential nutrients, including fiber, vitamin K, folate, vitamin B6, vitamin C, vitamin E, pantothenic acid, potassium, riboflavin, and niacin, all of which are crucial to optimizing your health and stoking your fat-burning furnace. Like olive oil and nuts, the avocado is full of monounsaturated fatty acids (MUFAs), including the appetite-satiating oleic acid.

According to research recently published in the *Nutrition Journal*, eating avocado with a meal significantly improves satisfaction and may reduce the desire to snack in the hours after eating.⁽⁴²⁾ Specifically, researchers found that participants who consumed one-half of an avocado with their lunch reported a 40% decreased desire to eat during the three hours after their lunch and a 28% decreased desire to eat 5 hours after.

What's more, the authors of the study noted improved blood sugar management in the group that consumed avocado with their lunch, which suggests that avocados may help regulate blood sugar levels, another very important factor when trying to lose fat.

Observational studies suggest that regular avocado consumption is associated with better diet quality and nutrient intake and lower incidence of metabolic syndrome. In another study published in the *Nutrition Journal*, scientists found that people who ate avocados were more likely to have a lower body weight, body mass index (BMI), and waist circumference.⁽⁴³⁾



Guacamole (courtesy of allrecipes.com) ⁽⁴⁴⁾

Ingredients:

- 3 avocados, peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- ½ cup onion, diced
- 3 tablespoons fresh cilantro, chopped
- 2 roma tomatoes, diced
- 1 teaspoon garlic, minced [Tip: After chopping the garlic, sprinkle some sea salt on it, and then “smash” with the flat part of the blade of the knife to make a garlic-salt paste that releases and spreads the garlic flavor more evenly.]
- 1 pinch cayenne pepper (optional)

Directions: In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Guacamole can be enjoyed in a variety of ways. As a snack, you can use it as a dip with freshly cut vegetables (e.g., bell pepper strips, cucumbers, tomato slices, carrots, broccoli, cauliflower) or whole grain/seed crackers (e.g., Mary’s Gone Crackers).

Hummus

Hummus is a popular Middle Eastern spread, and like guacamole, recipes can vary greatly. Generally speaking, the fundamental ingredients of hummus are cooked, mashed chickpeas (i.e., garbanzo beans) blended with tahini, olive oil, lemon juice, garlic, and salt.

With this lineup of all-star ingredients, hummus is loaded with healthy fats and anti-inflammatory nutrients. While many people are quite familiar with the benefits of olive oil, chickpeas are a nutrient-dense superstar themselves, as they are jam-packed with nutrients like molybdenum, manganese, folate, copper, phosphorus, iron, and zinc.

What's more, garbanzo beans are a good plant-based source of protein, and they provide 12 ½ grams of fiber per 1-cup serving. Dietary fiber and protein are two nutrients that researchers have found to be positively associated with satiety, or feelings of fullness. ⁽⁴⁵⁾



Do this ONCE per day (takes seconds; 11 major health benefits)

Could it really be that ingesting this one single “super nutrient” from good ol’ Mother Nature, just ONCE per day, could provide ALL of these incredible health benefits at the SAME time?

1. Increased heart health
2. Sharpened focus
3. Heightened memory
4. Reduced joint pain
5. Improved eye health
6. Greater bone density
7. More youthful skin, nails, and hair
8. Mood enhancement
9. A slimmer waistline
10. Natural hormonal enhancement
11. Anti-aging benefits

...AND MORE?

Yes, it’s true, and at the link below we’re going to tell you ALL about this breakthrough “super nutrient” and exactly where you can find it (inexpensively) so you can begin experiencing all of the above benefits for yourself—quickly and easily—each and every day.

In fact, according to many top medical doctors today, this single “super nutrient” just may be the most important nutrient EVER for your health, well-being and longevity.

==> [Do THIS once per day \(takes seconds; 11 major health benefits\)](#)

Not surprisingly, researchers found when human subjects supplemented their regular diet with chickpeas daily they reported significant improvements in satiety, appetite, meal satisfaction, and bowel function. Participants were also found to decrease consumption of snack foods and overall calorie intake. ⁽⁴⁶⁾ Additionally, researchers from Purdue University found that subjects who added beans (i.e., pulses) to a reduced-calorie diet lost over three times as much weight as the control group, which consumed the same number of calories, over the course of 6 weeks. ⁽⁴⁷⁾

What's more, an increase in the hormone cholecystokinin (CCK), secreted in the gut in response to protein and fat intake that helps to slow gastric emptying and increase satiety, has been reported following bean consumption. ⁽⁴⁸⁾ Thus, in addition to their high protein and fiber content, beans may positively influence appetite by stimulating satiety centers in the brain.

Real Hummus (courtesy of allrecipes.com) ⁽⁴⁹⁾

Ingredients:

- 1 can (19 ounces) garbanzo beans, rinsed and drained
- 1 clove garlic, chopped
- 4 tablespoons lemon juice
- 2 tablespoons tahini
- 1 tablespoons olive oil
- 2 tablespoons water
- 1 teaspoon salt
- 1 pinch paprika
- black pepper, to taste

Directions:

Place the garbanzo beans, tahini, lemon juice, water, salt, and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.

Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika.

Like guacamole, a great way to enjoy hummus as a snack is to use it as dip with freshly

cut vegetables (e.g., bell pepper strips, cucumbers, tomato slices, carrots, broccoli, cauliflower) or whole grain/seed crackers (e.g., Mary's Gone Crackers).

Ice Cream

What's ice cream doing on this list? Glad you asked. The overwhelming majority of commercially-available ice cream preparations are loaded with refined sugar, saturated fat, and calories. Not surprisingly, they're void of metabolism-supporting, appetite-satiating nutrients like protein, fiber, healthy fats, and essential nutrients. Simply put, they would not fit the bill of a "healthy" snack.

However, with just a few tweaks, you can take ice cream off your "taboo" list. Here are some healthy options.

Born's Protein Ice Cream ⁽⁵⁰⁾

Ingredients:

- 1-2 scoops [BioTrust Low Carb](#)
- 1-2 tablespoons of almond butter (or other nut butter)
- 1-3 ounces of almond milk

How to make it:

Place your almond butter in a bowl and then add protein powder. Whisk in the almond milk slowly, and then mix the powder, almond butter, and milk, until you have a pudding-like substance. If you want, you can eat this right now and call it protein pudding. Alternatively, you can put it in the freezer for 30-45 minutes for an ice-cream like consistency.

Bonus tips:

If you want, you can top the ice cream with a variety of garnishes, like sliced bananas and cacao powder, or even a few minced nuts for some crunchiness. If you want to go crazy, throw on a dollop of whipped cream. You won't be disappointed.

Profroyo⁽⁵¹⁾

Ingredients:

- 1 – 2 scoops [BioTrust Low Carb](#) (vanilla)
- 3 heaping tablespoons Greek yogurt
- 1 heaping tablespoons cottage cheese
- ½ teaspoons almond or vanilla extract
- 2 tablespoons unsweetened vanilla almond milk
- Liquid stevia, to taste
- Cinnamon, to taste

Directions:

Put all ingredients in a blender or food processor and blend until smooth. Place in a bowl and freeze for an hour and a half before enjoying.

Frozen Banana Ice Cream

Ingredients:

- 1 – 2 scoops [BioTrust Low Carb](#)
- 1 frozen banana, cut into pieces (before freezing)
- 1 – 2 tablespoons natural peanut butter or almond butter
- 1 – 3 tablespoons unsweetened almond milk
- Optional mix-ins: dark chocolate, berries, coconut pieces, nuts, seeds

Directions:

Put all ingredients into blender or food processor and blend until smooth. If you prefer chunks of your “mix-ins,” mix some or all in by hand after blending. Recipe can be enjoyed immediately or put in the freezer.

If you have a Vita-Mix, you can take your homemade ice cream creations to a whole new level. Here’s an example:

Peanut Butter Chocolate Ice Cream ⁽⁵²⁾

Ingredients:

- 2 scoops [BioTrust Low Carb](#) (chocolate)
- 2 tablespoons natural peanut butter
- 1 cup unsweetened almond milk
- 4 cups ice

Directions:

Add all ingredients together in the Vita-Mix, placing the tamper through the hole on the cover of the canister. Turn the Vita-Mix on low, and slowly ramp up the speed from 1 – 10. Once you get to 10, flip the switch to high and begin “tamping” the mixture. Keep tamping the mixture for 30 seconds while all the ingredients are pulverized and mixed. Shut off the blender, and serve.

30 second daily “trick” FLATTENS your belly

How would you like to flatten your belly in just 30 seconds a day?

Well, you CAN.

In fact, it’s almost ironic... this 30 sec trick is by far one of the most effective fat loss strategies our clients have EVER tried, and it’s also the easiest to implement.

Literally, just 30 seconds a day:

==> [30 second daily trick FLATTENS your belly](#)

7 WORST SNACKS FOR A FLAT BELLY

Smoothie Shop Smoothies

If your goals are to lose fat and improve your health, then you are probably well aware that you should eliminate sugary drinks like soda, sports and energy drinks, and even fruit juices (more on this in a moment). After all, in most cases, a can of soda contains nearly 40 grams of refined sugar, which will not do your waistline any favors.

What may surprise you, however, is that something that people reach for all the time to support their weight loss goals—a fruit smoothie—can actually have three times MORE sugar than a can of soda if buying one of these so-called “healthy” beverages at your local smoothie shop.

Popular smoothie chains offer options that are supposed to help folks “trim down,” “shape up,” and “snack right,” yet these smoothies can contain upwards of 100 grams of sugar in a serving—and these are the SMALL sizes. As a point of reference, that’s a whopping 25 teaspoons of table sugar. You’d be hard-pressed to find that amount of sugar in one serving of anything—except for in a “healthy” fruit smoothie.

What’s more, carbohydrate-laden “foods” like these have the greatest impact on insulin secretion. As a storage hormone, insulin’s task is to push nutrients into the body’s tissues, like



muscle, fat, and the liver. Insulin can also put the breaks on lipolysis and fat oxidation (e.g., fat burning) and can increase the storage of carbohydrates as fat. ⁽⁵³⁾

The #1 Worst Carb Ever (don't eat this)

At the link below, we're going to let the cat out of the bag on what is undoubtedly the #1 WORST carb EVER, and how the money-hungry food industry is conspiring to sneak this nightmare carb into just about everything.

In the end, this extremely common carb wreaks havoc on your fat-storing hormones in a MAJOR way, and has even been shown to hamper memory, slow brain activity, and increase your risk of Alzheimer's.

==> [The #1 Worst Carb EVER \(don't eat this\)](#)

While insulin is known for its ability to put the brakes on fat burning, leading to fat accumulation, another hormone called glucagon is well-known for its ability to counteract the effects of insulin. Specifically, glucagon secretion results in an increase in fat burning. ⁽⁵⁴⁾ Glucagon, which like insulin is secreted by the pancreas, is released in response to low levels of blood glucose and to protein intake. As a matter of fact, high-protein meals stimulate the secretion of glucagon, which results in an increase in fat burning. ⁽⁵⁵⁾

Thus, if you want a fruit smoothie, we recommend that you steer clear of these smoothie shops serving up sugar-laden, waist-expanding beverages. They are bad news for your health and your fat loss goals. Instead, we recommend building your own smoothie using real fruit and high-quality protein. Here's a great template for a delicious fat-burning fruit smoothie:

- 2 scoops [BioTrust Low Carb](#) time-released protein blend
- 8 – 12 ounces low-calorie liquid (e.g., water, unsweetened almond milk, unsweetened green tea)

- 1 – 2 cupped handfuls of fruit (e.g., berries)
- 1 fistful of veggies (e.g., spinach, kale)
- 1 thumb-sized portion of healthy fats (e.g., nuts, nut butter, Omega Dessert)

Now, that's what we call a great-tasting, nutrient-dense, fat-burning fruit smoothie!

Trail Mix

Pardon the pun, but most store-bought trail mixes can take a hike! Generally speaking, the vast majority is a combination of nuts (mostly, if not all, peanuts), dried fruit (more on this in a moment), and often some type of chocolate (but not the healthy, cocoa-rich kind).



In essence, you've got a heavily-processed high-carb AND high-fat snack, which is typically not the best combination when fat loss is the goal. As mentioned above, insulin is a storage hormone, which can increase the body's storage of both fat and carbohydrates as body fat. When blood levels of both carbohydrates and fats are high, there's a greater likelihood that the body will use carbohydrates for fuel while storing fat for later use.

What's more, trail mix can be a very calorie-dense snack. Generally speaking, most people consume far more than one serving, which is typically one ounce. One popular trail mix contains 150 calories per ounce, which is only a few tablespoons, along with 9 grams of fat and 11 grams of sugar. Considering that most folks will eat double that amount or more, you can see how this supposedly healthy snack may have a less than desired effect on your weight loss goals.

That being said, some of the foods, like nuts and dark chocolate, can indeed be very healthy snack options, which we've discussed above, that help you fight fat. You may consider making your own homemade trail mix with the following raw, organic nuts, which are loaded with nutrients like healthy fats, fiber, protein, vitamins, and minerals:

- Walnuts
- Cashews

- Pistachios
- Almonds

If you'd like to add something unique to the mix, you may consider adding some organic cacao nibs, which are considered to be "nature's chocolate chips." Cacao nibs are an anti-oxidant powerhouse, and they're loaded with fiber and minerals, like magnesium and iron. What's more, they are a rich source of theobromine, which has been shown to have some unique fat loss attributes including appetite suppression and the ability to mobilize fatty acids for fuel. Now that's a winning combination!

Granola and Granola Bars

While granola, which at its very base is nuts and oats, can be quite a healthy and tasty treat, unfortunately most commercial preparations of granola are rife with a host of unhealthy additives, sugary ingredients, and inflammatory oils. What's more, granola can be a very calorie-dense option, and the serving size is often much smaller than what most folks consume.

For instance, one popular brand of "low fat" granola contains 14 grams of sugar per half-cup serving. In addition, you'll find no less than four different types of refined sugar when scanning the list of ingredients.

Even many of the organic versions are just as poor options. For example, one popular organic brand also contains 5 different sugary ingredients contributing 14 grams of sugar per serving. On top of that, it also contains sunflower oil, which is rich in inflammatory omega-6 fatty acids.



Never eat this type of fish (EVER)

While we've been led to believe that fish is one of the healthiest food choices around, what you probably didn't know is that there are 4 specific types of fish -- all very common -- that you should literally NEVER eat due to incredibly high levels of contamination that can and WILL hammer the delicate cells of your body with **toxic inflammation...**

In the end, this toxic inflammation build up contributes to achy joints, premature aging of the skin (and less visible organs like the heart, kidneys, and liver), difficulty shedding excess weight, cognitive decline, forgetfulness, feeling blue and moody, and so much more...

Whatever you do, **AVOID these 4 types of fish** like the plague:

==> [NEVER eat this type of fish \(EVER\)](#)

Watch out!

As mentioned, the typical serving size for granola is ½ cup, and most people are likely to consume double or triple this amount when pouring a bowl of granola, which will only compound the calorie density and added sugar issues.

Although commonly thought of as a healthy snack, granola bars are a microcosm of granola. Granola bars are nearly always packed with processed ingredients, including unhealthy oils and various sources of refined sugar (e.g., high fructose corn syrup). Due to the high glycemic carbohydrates and lack of protein and fiber, these will often leave you reaching for another high-carb snack in no time at all.

Light and Fat-Free Flavored Yogurts

Colorful packaging and clever marketing can lead you to believe that “light” and “fat-free” yogurts can help you “trim” your waistline and become more “fit.” Unfortunately, the vast majority of these pre-packaged yogurts contain added sugars, often including high fructose

corn syrup. In fact, some “fruit on the bottom” yogurts contain upwards of 25 grams of sugar in a single six-ounce serving. That’s the equivalent of over 6 teaspoons of sugar.

In a recent review published in the *British Medical Journal*, researchers confirmed something that you’ve likely heard for some time: Consumption of sugar and sugar-sweetened foods and beverages is a determinant of body weight. ⁽⁵⁶⁾ Shocking. Perhaps more interesting, however, is that the researchers found that cutting back on sugar is associated with about a two-pound weight loss.

In many instances, light yogurts also contain artificial sweeteners. Along these lines, researchers have also made connections between artificial sweeteners and weight gain.

In one study that recently appeared in the scientific journal *Appetite*, scientists compared the effects of feeding rats yogurt sweetened with either sucrose (i.e., table sugar) or the artificial sweeteners saccharin and aspartame on body weight and total caloric intake. The researchers found that, compared to sucrose, the addition of the artificial sweeteners to yogurt resulted in increased weight gain, despite similar total caloric intake among groups. ⁽⁵⁷⁾

Furthermore, scientists speculate that the “consumption of products containing artificial sweeteners may lead to increased body weight and obesity by interfering with fundamental homeostatic, physiological processes.” ⁽⁵⁸⁾ Specifically, researchers have found that reducing the correlation between the sweet taste and caloric content of foods (by using artificial sweeteners) leads to increased body weight and body fat.

As discussed in the previous section, a better snack would be to opt for plain Greek yogurt or cottage cheese, which are significantly higher in appetite-satiating protein and lower in sugar. Instead of “fruit on the bottom” varieties, add a handful of fresh berries or serving of mixed nuts.

Pretzels

Pretzels and other salty, crunchy snacks (e.g., rice cakes, crackers, popcorn) are often touted as healthy snacks because they're "low fat," which has long been a dieting buzz phrase. Along these lines, it's about time the following became abundantly clear:



Dietary fat is not a major determinant of body fat. ⁽⁵⁹⁾

It's true. Renowned Harvard researcher Walter Willett and his colleagues have found that, despite a substantial decline in the percentage of calories from fat during the last 30 years, there's been a corresponding "massive increase" in the prevalence of obesity. Further, Willett says, "Diets high in fat do not appear to be the primary cause of the high prevalence of excess body fat in our society, and reductions in fat will not be a solution."

What does seem to be the problem? Numerous studies have linked increased consumption of high glycemic carbohydrates to the rise in rates of obesity. ^(60, 61) What's more, in a 2004 epidemiological study, researchers analyzed nearly 90 years worth of data, and they found, "Increasing intakes of refined carbohydrate concomitant with decreasing intakes of fiber paralleled the upward trend in the prevalence of type 2 diabetes observed in the United States during the 20th century." ⁽⁶²⁾

In addition to being low in fat, pretzels are also low in important nutrients like protein, fiber, vitamins, minerals, and phytonutrients. What do they contain? For the most part, they are a carbohydrate-dense food made from refined wheat flour, and they rank "high" on the glycemic index scale (i.e., 83).

If you prefer a salty, crunchy snack, raw, mixed nuts would be a superior option to pretzels. In addition to the information provided in the respective sections about these foods, researchers from UCLA found that study participants who ate pistachios as a snack lost more weight than those folks who snacked on pretzels. ⁽⁶³⁾ What's more, those participants who consumed pistachios as a snack experienced 40% lower levels of blood triglycerides as well.

Fruit Juices and Dried Fruit

The vast majority of nutritionists would concur that fruit, in moderation, is a very healthy, nutrient-dense food. Packed with vitamins, minerals, phytonutrients, and fiber, it's no secret that a diet rich in fruits (and vegetables) confers many health benefits. According to the United States Department of Agriculture, eating a diet rich in fruits and vegetables may ⁽⁶⁴⁾:



- Reduce the risk of heart disease, including heart attack and stroke;
- Protect against certain types of cancers;
- Reduce the risk of obesity and type 2 diabetes;
- Lower blood pressure and may also reduce the risk of developing kidney stones and help decrease bone loss.

That's quite a laundry list of health and body composition benefits, and that's precisely why we recommend consuming upwards of 5 – 10 servings of vegetables each day as well as fruit in moderation.

It's also easy to see why food manufacturers would like for you to believe that drinking fruit juices are just as healthy. However, this may not always be the case. The juicing process significantly reduces the pectin (e.g., fiber) content that would typically be found in whole fruits, and low fiber intakes are correlated to increased risk for diabetes and obesity. ^(65 – 68)

Furthermore, many store-bought fruit juices also contain added sugar, preservatives, and artificial ingredients. In addition, the processing (e.g., pasteurization, high-heat) and storage (of juices) may result in losses of health-conferring polyphenols, phytonutrients, etc., that are often found in fruits. ⁽⁶⁹⁾

When it comes to fruit juice, it's also important to highlight serving sizes. A single medium-sized orange contains about 60 calories and 15 grams of carbohydrates, with 3 grams of fiber and 12 grams of sugar. An 8-ounce glass of commercial orange juice,

on the other hand, contains double the carbohydrates and sugar (with negligible fiber) and twice as many calories. What's more, if you take a close look at many of the smaller bottles of juice, you'll see that a single bottle contains two (or more) servings.

It's important to note that the above discussion pertains to store-bought fruit juices. Juicing at home—with REAL fruits AND vegetables—is a different story, and including small amounts of homemade juice is acceptable. While juicing does remove the naturally-occurring indigestible fibers, fresh juice extracts provide a concentrated source of the vitamins, minerals, enzymes, and phytonutrients (i.e., plant chemicals) inherent to fruits and vegetables. What's more, juicing often results in a greater variety of vegetables and fruits consumed, which means a more dense array of nutrients.

Unfortunately, dried fruit is not much better than fruit juice, and some of the very same concerns arise (e.g., portion sizes, added sugar). Cup for cup, dried fruit can have up to 8 times the number of calories as its fresh fruit parent. For example, a cup of grapes contains about 60 calories and 16 grams of carbohydrates. On the contrary, a cup of raisins contains over 430 calories and a whopping 115 grams of carbohydrates, with 86 grams coming from sugar.

2 minute “cleanse” kills toxic parasites LIVING in your belly

Due to exposure to an array of common foods, beverages, and over-the-counter medicines, 9 out of 10 people's guts have been infested with toxic, parasitic bacteria that is DESTROYING their health and making it virtually impossible for them to drop fat from their biggest problem areas...and that very likely means **you**.

Fortunately, there's a quick 2 minute “cleanse” that you can perform today, almost without thinking, to correct this dangerous imbalance. Just follow the simple steps given at this link:

==> [2 minute “cleanse” kills toxic parasites LIVING in your belly](#)

With that being said, the occasional consumption of dried fruit is also acceptable, and when doing so, we recommend that you keep the aforementioned items in mind. For example, you may look for dried fruits with no sugar added, or you may even make your own at home using a dehydrator. When consuming dried fruits, we do encourage you to be mindful about portion sizes, as they are generally more calorie-dense than fresh, whole fruits. Would you really eat 7 mangoes, 4 bananas, or 60 grapes in a single sitting? It can be very easy to do just that with dehydrated fruit.

Breakfast Cereals

Somewhere along the line, breakfast cereals got the reputation as a “healthy” food choice. Simply put, cereals are carbohydrate-dense and do very little to promote a fat-burning environment, as they are rife with high glycemic carbohydrates in the form of heavily processed grains and refined sugar. As mentioned above, it’s no secret that high glycemic carbohydrates like these are closely linked to obesity.

Despite this, manufacturers have done a remarkable job convincing folks that these convenient, ready-to-eat cereals are indeed good for you, especially when made with “whole” grains and “fortified” with vitamins and minerals. However, a good question to ask yourself may be: “If this is so healthy, why is all of that good stuff missing in the first place?”

When taking a look at the ingredients of one very popular cereal, you’ll find **five** different instances of sugar listed on the label. What’s more, although there is a small amount of fiber listed on the nutrition facts panel, it’s important to note that it’s been added as a separate ingredient.

Although it seems like a step in the right direction to add fiber, it does not appear that isolated fibers (often called “fake” fiber) have the same health benefits as naturally-occurring fibers. According to the Nutrition Action Healthletter, “There isn’t good evidence that these lower the risk of heart disease, constipation, and diabetes the same



way intact fiber, the kind in the outer layer of whole grains, does.”⁽⁷⁰⁾

Furthermore, the serving sizes of cereal are generally smaller than what folks typically eat. For instance, the serving size of the cereal cited above is $\frac{3}{4}$ of a cup. Most people could easily consume three times that amount without knowing it, and that would yield over 60 grams of high glycemic carbohydrates, including nearly 30 grams of sugar, all from a cereal made *with* “whole” grains.

Cereal consumption typically has little to do with nutrition and much more to do with marketing, free prizes, colorful characters, childhood memories, and convenience. It’s important to be aware that the majority of cereals are a concentrated source of high glycemic carbohydrates, including processed grains and refined sugars. What’s more, they are typically void of protein and fiber, and in the cases they do contain the latter, it is often added as a separate ingredient and does not appear to confer the same health benefits.

Snacking Tips

Simply put, there’s a right (and a wrong) way to snack when it comes to optimizing your health, body composition, vitality, and performance. Done properly, snacking can help satisfy your appetite, fuel your activities, and provide you with valuable nutrients.

On the other hand, choosing gut-busting snacks loaded with heavily-processed, high glycemic carbohydrates and refined sugars can be bad news for fat loss, put a damper on your energy levels, and lead to subsequent poor food choices.

Before you take a snack break, ask yourself if you are truly hungry. If you do choose to enjoy a snack, do so slowly, paying attention to flavors, textures, and smells and engaging your senses.

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