

Healthy Living

DIET UPDATE

stay well

The latest news on diet, fitness and health

Go Ahead, Eat That Treat!

Surprise! "Studies show some of the foods we believe to be diet no-no's actually possess properties that can help us get slim," says Keri Gans, a New York City dietitian and spokesperson for the American Dietetic Association. Here, the who-knew perks of three supposed diet saboteurs.



ICE CREAM: Women who indulge in one serving a day of whole-fat dairy, like ice cream, gain less weight than other dieters, according to Swedish research.

WHY: The higher fat content in ice cream keeps the food longer in your stomach than, say, fat-free yogurt would. So you stay satisfied and end up eating fewer calories overall, says Gans.

EGGS: Overweight women who eat eggs for breakfast lose twice as much as those who start their day with a bagel, says a report from Louisiana State University.

WHY: "Protein-rich eggs digest more slowly than carb-heavy foods, so you feel fuller longer," explains Gans.



PEANUT BUTTER: A study at Harvard University found that dieters who ate two tablespoons a day kept their weight off longer than folks on low-fat plans.

WHY: Foods high in monounsaturated fat like peanut butter activate the release of CCK, a gastric hormone that sends satiety signals to the brain, according to Swiss researchers.