

# Almonds are a great snack for kilojoule-controlled diet

According to *Health24*, researchers say that substituting almonds for less healthy foods could help dieters stick to a kilojoule-controlled diet, and lower their cholesterol at the same time.

"Nuts, and in this case almonds, shouldn't be on the 'do not eat' list," said Dr Gary Foster, who led the study at Temple University in Philadelphia. Past research also suggests that nuts might play a role in reducing risk factors for heart disease, so Foster and his team expected to see some improvement in cholesterol and triglycerides among the almond-eating dieters, *Health24* says.

And indeed, six months into the study, cholesterol in the almond group had fallen by 8.7 mg/dL on average, compared to 0.1 mg/dL in the nut-free group, reports *Health24*. Still, Foster urges caution. "Almonds don't make you lose weight; they're not free kilojoules," he warned.

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