

Grand Champion of Healthy Snacks Takes a Whipping

By PHIL CAMPBELL, M.S., M.A.

Almonds provide a rich source of dietary protein. But occasionally, they get bad press for high fat content.

Because nuts are high in fat, individuals with cholesterol problems are frequently told to avoid nuts. Since nuts are so high in fat, they're to be avoided, right? Wrong, say researchers in a recent study.

A team of nutrition researchers investigated the issue of whether or not nuts make good snacks because of their fat content. The results are surprising.

Rocky Balboa vs. Apollo Creed

Just like in the movie, where Rocky is the underdog and no one believes he has a prayer against Apollo Creed; researchers staged a competition with an underdog against the champion of healthy snacks, the bran muffin.

In one corner, you have the world champion of healthy snacks, and never defeated...WHOLE...wheat... bran muffins - in the other corner, with a record of high fat ... almonds.

Research Discovery

After a month long study, the almonds won. They beat the daylight out of bran muffins.

Researchers reported, "Almonds used as snacks in the diets of hyperlipidemic (high cholesterol) subjects significantly reduce coronary heart disease risk factors, probably in part because of the nonfat (protein and fiber) and monounsaturated fatty acid components of the nut."

Almonds actually outperformed bran muffins in the ability to reduce fat circulating in the blood.

The Take Home

Don't throw out the bran muffins, they're still great snacks. Consider trying almonds. They're rich in protein and helpful in lowering cholesterol.

In the Crosshairs—

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+ Does anyone remember the mid-1970's media proclamation that the earth was entering a global cool down? (See *Newsweek*, April 28, 1975)

I believe we all can agree that global climate change is a very complex subject and man's understanding of this subject is limited. It would also be safe to assume that all humans want what is best for the planet we inhabit. The problem as it exists today is that the media, politicians and policymakers have hijacked science in favor of sensationalism, alarmism, and the almighty dollar. I appeal to you, the reader, to don your thinking caps and educate yourselves on the facts as they pertain to global warming. Do not assume that the mainstream media's goal is to present a fair and balanced account on this topic. The truth is out there but you must find it!

(Editor's Note: For additional information check out the following sources: *The Skeptical Environmentalist - Measuring the Real State of the World*, by Bjorn Lomborg, 2001; "Gore Gored" - A science-based rebuttal to the movie "An Inconvenient Truth" (http://fff.org/centers/csspp/pdf/20061121_gore.pdf), and *Climate Change Truths* (http://www.abd.org.uk/climate_change_truths.htm)

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