



Strategies and Foods To Help You Live a Leaner, Longer, & Healthier Life

Step 1: Snack on Nuts

Dr. Mike



Dr. Mike Roussell PhD, is a nutritional consultant and author known for transforming complex nutritional concepts into practical nutritional habits that his clients can use to ensure permanent weight loss and long lasting health.

Add a Snack of Almonds or Another Nut

The first step in your 7 Step Weight Loss plan is adding a healthy snack, we are using nuts. Nuts are a great snack because they are portable, convenient, easily portioned, and contain an ideal nutritional profile.

Research that has looked at replacing traditional snacks foods like pretzels and oatmeal cookies with nuts such as almonds or pistachios show that making this switch will lead to increased weight loss and improvements in cardiovascular disease risk factors.

Nutritionally, nuts are a great snack because they contain fiber, protein, and fat - what I call the *feeling full trifecta*. Fiber, protein, and fat all work to slow down how fast you digest your food, even out your blood sugar levels, and release compounds that signal your body that you are full and satisfied.

How Much to Snack On?

Shoot for 1 oz of nuts. You don't have to weight out exact amount of nuts; the habit that we are developing is

more important than if you have 0.7, 1.0, or 1.2 oz of nuts.

If you are eating cashews or almonds you'll want to have about 20 nuts. If you are having pistachios then you can have about 50.

What to Buy?

Raw or Dry Roasted - When buying nuts you want to avoid anything described as *candied* or *honey roasted*. These versions of nuts are coated with sugar which essentially negates the health benefits of the snack.

If you are buying nuts in the bulk food section of your grocery store, purchase nuts described as raw or dry roasted.

Emerald Nuts Smoked Almonds and *Everybody's Nuts Pistachios* flavored pistachios are lightly flavored versions of almonds and pistachios. Everybody's Nuts have a very small amount of added sugar, but the their flavors are delicious and are good change of pace if you need to mix it up.