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BULLETINS

The latest news on health, sex, nutrition, exercise, and weight loss



FEAR YOUR SWEET TOOTH

Go ahead, indulge on Halloween—but then snack smarter

Here's something to be afraid of: All that candy you inhale this time of year could expand your waistline. In a recent Swedish study, one group of people snacked on 1,360 calories' worth of nonchocolate candy every day while another group ate the same amount of peanuts. After 2 weeks, only the candy eaters showed significant increases in body weight and waist size. They also developed higher insulin and C-peptide levels, signs of insulin resistance. The peanut eaters, on the other hand, saw a boost in resting metabolism. "Unlike the sugar in candy, the fatty acids in peanuts elevate metabolism, protecting against weight gain and its consequences in the body," says study coauthor Fredrik Nyström, M.D., Ph.D. So after you indulge on Halloween, refill the bowl with dry-roasted peanuts.

PHOTOGRAPH BY CHRISTOPHER GRIFFITH