

A mid-morning snack of almonds generates satiety and appropriate adjustment of subsequent food intake in healthy women.

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Abstract:

Purpose: To assess the effect of consuming a mid-morning almond snack (28g and 42g) tested against a negative control of no almonds on acute satiety responses. Method: On three test days 32 healthy females consumed a standard breakfast followed by 0g, 28g or 42g of almonds as a mid-morning snack, and then *ad libitum* meals at lunch and dinner. The effect of the almond snacks on satiety were assessed by measuring energy intake (kcal) at the two *ad libitum* meals and subjective appetite ratings (visual analogue scales) throughout the test days. Results: Intake at lunch and dinner significantly decreased in a dose-dependent manner in response to the almond snacks. Overall, a similar amount of energy was consumed on all three test days indicating that participants compensated for the 173 and 259 kcals consumed as almonds on the 28g and 42g test days respectively. Subjective appetite ratings in the interval between the mid-morning snack and lunch were consistent with dose-dependent enhanced satiety following the almond snacks. However, in the interval between lunch and dinner appetite ratings were not dependent on the mid-morning snack.

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<http://link.springer.com/article/10.1007/s00394-014-0759-z>.