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PLANTS OVER ANIMALS

Hello Friends!

Halloween is a few days away, and I'm thinking I could spook a lot of people by walking around in a Carbohydrate Costume. For some folks, nothing is scarier than carbs! I'd love to share an interesting study done by Dr. Kevin Hall a few years ago that may put carbophobia to rest.

In 2015, Dr. Hall published a [paper](#) in *Cell Metabolism* regarding his research about fat loss. He studied 19 obese adults during 2 separate inpatient stays where metabolic chambers allowed for precise measurement of fat oxidation. During each stay, the subjects were fed either a carbohydrate-restricted diet or a fat-restricted diet, but each of the diets had the SAME NUMBER OF CALORIES. To be clear, all the subjects consumed both diets during separate stays in this crossover study. (To ensure weight loss, their diets were decreased calorically by 30% after an initial baseline energy-balanced phase consisting of 50% carbohydrate, 35% fat, and 15% protein.)

As shown below, the two diets differed significantly in the fat and carb components:

Fat-Restricted Diet: 8% fat, 15% protein, 77% carbs

Carb-Restricted Diet: 56% fat, 15% protein, 29% carbs



Chips and Guacamole

Total Calories = 300
Calories from Fat = 59%



Corn, Beans and Salsa

Total Calories = 300
Calories from Fat = 7%

Same number of calories, significant difference in calories from fat.

The results: the subjects lost weight during both diets, but when the subjects consumed the fat-restricted diet, they lost **significantly more body fat** as compared to the carbohydrate-restricted diet, having consumed THE SAME NUMBER OF CALORIES.

The bottom line: all diets that reduce calories below energy expenditure (what you "burn") will result in weight loss. The key is to conserve lean mass (muscle) and just lose fat as the number on the scale goes down!

GAMECHANGERS, the movie, is on Netflix!

Juicier than "Game Change", the shocking political story surrounding the players in the 2008 presidential election, the new movie **Gamechangers** showcases the lives of Special Forces Soldiers, Olympic athletes, and NFL football players, all of whom are plant-based eaters. The film tells the story of how changing to a plant-based diet optimized their performance and improved their health, while also opening their eyes to the larger picture. **Take a peek** this weekend!





Pumpkin Pie Smoothie

Tis' the season!!

1/2 cup plant-based milk, add more as needed for desired consistency

1/2 cup pumpkin puree

1 frozen banana

2 T. maple syrup, if desired for sweetness

Add milk to the blender first, then add remaining ingredients. Blend until smooth and creamy.

Sprinkle some spice on the top (e.g., pumpkin pie spice, ground cinnamon, nutmeg, ginger, cloves, allspice).

With hopes of good health, compassion, and responsibility,

Brooke at [Plants Over Animals](#)

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