

# Eating this one (very surprising) food could make you thinner

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Scientists have discovered the food, which was previously thought to contribute to weight gain, can help people reduce their BMI

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Eating this one food could help you lose weight

The idea that eating pasta will make you fat is a myth - and quite the reverse is true, say scientists.

A study found that - unlike popular beliefs - eating plenty of spaghetti can reduce BMI (body mass index).

The fundamental part of the Mediterranean diet - long associated with good health - is actually associated with less chance of both general and abdominal obesity.

Professor Licia Iacoviello, of the Institute for Research, Hospitalisation and Health Care (I.R.C.C.S.) Neuromed in Pozzilli in Italy, said: "In popular views pasta is often considered not adequate when you want to lose weight.

"And some people completely ban it from their meals. In light of this research, we can say this is not a correct attitude."

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It's a myth that pasta makes you fat - it can actually help reduce your BMI

She said in recent years pasta has gained a bad reputation for being fattening leading to lots of people limiting their consumption - often as part of some aggressive 'do it yourself' diets.

The study published in Nutrition and Diabete looked at over 23,000 people recruited in two large epidemiological surveys in Italy called Moli-sani Project and INHES.

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Co author Dr George Pounis said: "By analysing anthropometric data of the participants and their eating habits we have seen consumption of pasta - contrary to what many think - is not associated with an increase in body weight, rather the opposite.



Pasta certainly doesn't deserve its bad reputation

"Our data show that enjoying pasta according to individuals' needs contributes to a healthy body mass index, lower waist circumference and better waist-hip ratio."

Many previous studies have shown the Mediterranean diet is one of the healthiest -



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even when we talk about weight control.

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But very little was known about the specific role of a basic component such as pasta - a gap the latest findings now fill.



Getty

Pasta is a key part of the Mediterranean diet

Prof Iacoviello said: "We're talking about a fundamental component of Italian Mediterranean tradition - and there is no reason to do without it.

"The message emerging from this study as from other scientific analyses conducted in the context of the Moli-sani Project and INHES is Mediterranean diet consumed in moderation and respecting the variety of all its elements - pasta in the first place - is good to your health".

Started in March 2005 the Moli-sani Project involves about 25,000 citizens living in the Molise region.



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Scientists have discovered pasta is good for your health

The aim is to learn about environmental and genetic factors underlying cardiovascular disease, **cancer** and degenerative pathologies.

The INHES (Italian Nutrition & Health Survey) Project is a research program designed to generate information on eating habits, the factors influencing the choice of food and awareness about the relationship between diet and health in the Italian population.

Through telephone interviews, nutritional data were collected in relation to the health of 9.319 citizens from all Italian regions.



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