STUDY NOTES · BASIC CONCEPT

Detailed comparison between Makhana and Peanuts as a healthier food

Art & Culture

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Both makhana (fox nuts) and peanuts are nutritious snacks that can support weight loss, but they offer different nutritional profiles that may make one more suitable than the other depending on individual needs and dietary goals.

Makhana (Fox Nuts) : Makhana is a low-calorie, low-fat snack rich in carbohydrates and fiber, with a moderate amount of protein.

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Nutritional Value (per 100g, approximate):

- Calories: 347-362 kcal
- Protein: 7.2-11.16 grams
- Fat: 0.1-0.5 grams
- Fiber: 11-25 grams
- Carbohydrates: 75-80 grams

Health Benefits:

1. Weight Loss: Makhana is an excellent choice for weight loss due to its low-calorie and low-fat content. Its high fiber content helps you feel fuller for longer, reducing hunger pangs and preventing overeating. The protein in makhana also aids in satiety and boosts metabolism.
2. Rich in Nutrients: It contains good amounts of calcium, magnesium, potassium, and phosphorus, essential for bone health, metabolism, and nerve function.
3. Digestion: The high fiber content promotes healthy digestion and helps prevent constipation.
4. Antioxidants: Makhana is rich in antioxidants, which may help slow the signs of aging and support overall health.
5. Blood Sugar Management: It may help stabilize blood sugar levels.

Peanuts

Peanuts are calorie-dense but packed with protein, healthy fats, and fiber.

Nutritional Value (per 100g, approximate):

- Calories: 567-599 kcal
- Protein: 25-26 grams
- Total Fat: 48-49 grams (mostly healthy monounsaturated and polyunsaturated fats)
- Fiber: 8.2-9 grams
- Carbohydrates: 16-21 grams

Health Benefits:

1. Weight Loss: Despite being high in calories, peanuts can aid in weight management due to their high protein, fiber, and healthy fat content. These nutrients contribute to increased satiety, keeping you full longer and reducing overall calorie intake throughout the day. Some studies suggest that the body may not absorb all the calories from peanuts, and they can increase resting energy expenditure.
2. Heart Health: Peanuts are rich in monounsaturated and polyunsaturated fatty acids, fiber, and plant sterols, which can help lower unhealthy LDL cholesterol and blood pressure, reducing the risk of heart disease.
3. Antioxidants: Peanuts contain antioxidants like resveratrol, which have anti-aging and cardioprotective properties.
4. Metabolism: The high protein content in peanuts can boost metabolism through the thermic effect of food (TEF), where the body uses more energy to digest and absorb nutrients.
5. Rich in Nutrients: They are an excellent source of B vitamins (folate, niacin, thiamine, B6), vitamin E, magnesium, potassium, and phosphorus.

Which is the best snack to lose weight?

For Calorie Deficit:

Makhana has significantly fewer calories and much less fat per 100 grams compared to peanuts. This means you

can consume a larger volume of makhana for fewer calories, which can be beneficial for feeling full while maintaining a calorie deficit.

For Satiety and Protein Intake:

Peanuts offer a much higher protein content and healthy fats, which are crucial for prolonged satiety and muscle maintenance during weight loss. The healthy fats in peanuts can also help with burning belly fat and providing sustained energy.

Portion Control:

Due to their higher calorie and fat density, peanuts require stricter portion control to avoid exceeding calorie goals. Makhana, being lighter, allows for a larger serving size without a significant calorie increase.

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Conclusion

Both makhana and peanuts are healthy snack options that can contribute to weight loss.

Makhana

is generally better if your primary focus is on a

low-calorie, low-fat snack

that provides a good amount of fiber to keep you full without a high-calorie intake. It's ideal for frequent snacking or when you want to consume a larger volume of food.

Peanuts

are an excellent choice if you need a snack that offers a

higher protein content and healthy fats

for sustained energy, increased satiety, and muscle support, especially for active individuals. However, mindful portion control is essential due to their higher calorie density. For optimal results in a weight loss journey, incorporating both makhana and peanuts in moderation can provide a balanced nutritional profile, offering the benefits of both low-calorie volume and high protein/healthy fats.

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