NEW RESEARCH OFFERS STRATEGIES TO AVOID OVEREATING

Food choices that can help people avoid unwanted calories while feeling full and satisfied.

Two new studies presented by ConAgra Foods, Inc. (NYSE: CAG) at the Academy of Nutrition and Dietetics' 2013 Food & Nutrition Conference & Expo™ (FNCE®) show that choosing foods with more volume, like egg whites and popcorn, can be an effective strategy to avoid excess calories - even for distracted eaters.

“We know that eating while distracted can be a set up for overeating. It’s not realistic to think that people will stop the behavior of eating while distracted by other activities, like watching TV. But it is realistic to think that they will opt for a lower calorie snack that they like,” says Kristin Reimers, PhD, RD, Nutrition Director, ConAgra Foods. “Our research found that the type of foods people eat while distracted can have a large impact on total calories consumed.”

Choosing more filling and satisfying lower calorie snacks, like low fat popcorn instead of regular potato chips, may help people stay on track with their weight management goals. In the first study presented at FNCE®, researchers found that people ate 32% fewer calories when they snacked on low-fat popcorn like Orville Redenbacher's Smart Pop!® instead of potato chips while watching television. The benefit may come from popcorn’s greater volume per calorie. “A one ounce serving of low fat popcorn packs six times more volume than a similar serving of potato chips,” states Reimers. “Thus, a larger portion of popcorn has fewer calories than potato chips, which can help people keep total calorie intake down without even trying. Being deliberate about the snack choice is a key strategy for those who tend to snack while distracted.” Additionally, popcorn adds whole grains and fiber to the diet, which makes popcorn a smart snack option.

The second study presented at FNCE® found that egg whites with greater volume and protein helped boost satiety at breakfast compared to an equal calorie portion of shell eggs. Participants were asked to eat a breakfast containing 140 calories of either egg whites – in the form of Egg Beaters® - or whole eggs. Egg whites contain three times greater volume and twice the protein of whole eggs at the same calorie level. In this study, those who had the egg white breakfast were fuller over the morning, and they also consumed fewer calories during lunch. Previous research has shown that whole eggs stave off hunger better than high carbohydrate breakfasts like bagels. This study showed that calorie for calorie, egg whites are even more filling than whole eggs. Being both low calorie and filling makes Egg Beaters® a smart choice for those who are trying to reduce calories but also want to feel full and satisfied. Egg Beaters® is simply the egg minus the yolk and provides complete, high-quality protein without all the fat and cholesterol of whole eggs. It’s a great breakfast option for people watching their waistline and for anyone who wants to eat more food for fewer calories.

This research was supported by ConAgra Foods, Inc., and abstracts are available as of Oct. 21, 2013, via www.ConAgraFoodsScienceInstitute.com.

ABOUT CONAGRA FOODS

ConAgra Foods, Inc. (NYSE: CAG) is one of North America’s largest packaged food companies with branded and private branded food found in 99 percent of America’s households, as well as a strong commercial foods business serving restaurants and foodservice operations globally. Consumers can find recognized brands such as Banquet®, Chef Boyardee®, Egg Beaters®, Healthy Choice®, Hebrew National®, Hunt’s®, Marie Callender’s®, Orville Redenbacher’s®, PAM®, Peter Pan®, Reddi-wip®, Slim Jim®, Snack Pack® and many other ConAgra Foods brands, along with food sold by ConAgra Foods under private brand labels, in grocery, convenience, mass merchandise, club and drug stores. Additionally, ConAgra Foods supplies frozen potato and sweet potato products as well as other vegetable, spice, bakery and grain products to commercial and foodservice customers. ConAgra Foods operates ReadySetEat.com, an interactive recipe website that provides consumers with easy dinner recipes and more. For more information, please visit us at www.conagrafoods.com.

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