

## Diet high calorie containing a peanut candy reduce weight

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**INTRODUCTION:** Obesity stands out among the diseases caused by nutritional inadequacies<sup>1,2</sup>. Several studies have shown that the consumption of peanuts and other oilseeds (nuts) promote weight loss<sup>3</sup>. **OBJECTIVES:** Assess the weight of swiss mice subjected to a diet with peanut paçoca. **MATERIAL AND METHODS:** Mice, male Swiss (20 – 35g) were randomly divided into two groups: treated with standard diet (SD, n = 8) and a test diet (high calorie) (HD, n = 08). The HD standardized in this experiment was composed of a mixture of commercial feed Labina® flour and processed foods, peanut paçoca (peanut candy), in the proportion of 30% commercial feed Labina® and 70% peanut paçoca. Analyses were made on the chemical composition of the diets, evaluating feed efficiency (FE) and mice's satiety. Antitryptic activity was done. Also been investigated the pancreas through organ histology and biochemical analysis of blood serum. **RESULTS AND DISCUSSION:** The group HD showed weight loss when compared to the group SD. The FE was greater in the group SD when compared to the group HD. The mice on the group HD had a lower average food intake at the end of fifteen weeks. The reason for of the peanut satiety power, has been proposed to be its lipid composition, fiber<sup>4,5</sup> and there are reports in the literature that suggest that the presence and influence of trypsin inhibitors can lead to weight<sup>6,7,8,9</sup>. Trypsin inhibitors increase the concentration of the cholecystokinin (CCK) hormone<sup>10,11</sup>. **CONCLUSIONS:** The consumption of foods derived from peanuts, peanut paçoca, could help promote reduced weight gain and satiety, despite high level of unsaturated fatty acids. This effect is not caused damage to the pancreas or changes in biochemical parameters analyzed, even with a diet high in inhibitor tripsin.

**KEYWORDS:** Obesity; Peanut paçoca; Satiety; *Trypsin inhibitor*

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