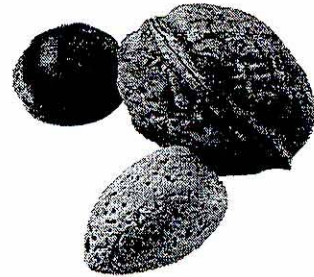


Nuts for Your Health

Nuts not only taste great but also all nuts offer different amounts of nutrients for overall health and wellness.

Types of Nuts:

- Almonds
- Walnuts
- Hazelnuts
- Macadamias
- Brazils
- Pecans
- Peanuts
- Cashews
- Pine Nuts
- Pistachios



Why should I eat Nuts?

- Nuts are a good source of protein and fiber. Nuts have vitamins (folic acid, niacin, Vit E & B6) and minerals (magnesium, copper, zinc, selenium, phosphorus, and potassium)
- It is true, nuts are high in fat, but most of the fats are monounsaturated and polyunsaturated fats, also known as “healthy” fats.
- These “healthy” fats may help
 - lower LDL cholesterol
 - reduce your risk of heart disease
 - reduce your risk of diabetes
- Eating plans that include nuts can help curb appetite, lead people to eat less and maintain their weight or help in weight loss if calories are controlled.

How much do I need for Health Benefits?

- As little as one handful or 1/3 of a cup of nuts per day can provide nutritional benefits.
- One handful of nuts five days a week was found to have greater benefits in reducing heart disease risk than one handful 1 day a week.

