

Health Benefits of Nuts

A recent meta-analysis of 61 controlled intervention trials has found that tree nut intake lowered total cholesterol, triglycerides and lipoproteins. This is the most comprehensive evidence to date that tree nut intake reduces cardiovascular risk factors. Tree nuts include walnuts, almonds, cashews, pistachios, Brazil nuts, hazelnuts and macadamia nuts.

Tree nuts were also found to improve all-cause mortality rates. This includes risk reduction of cardiovascular disease, and certain cancers.



Tree nuts are rich in unsaturated fats, soluble fiber, antioxidants and phytosterols. Researchers have found that regular intake of nuts reduce total cholesterol and LDL. In diabetic patients, nuts had a greater effect in reducing LDL and in maintaining glycemic (blood sugar) control. This benefit occurred with just adding one serving of nuts per day.



A serving of nuts is considered one ounce. This can easily be estimated by making your hand into a cup and covering the surface of your palm filled with nuts would be about an ounce. Some sources recommend a blend of mixed tree nuts instead of just one type of tree nut.

Nuts can be added to your diet as a snack or incorporate them into a meal. Chopped nuts can be added to cereal, yogurt or fruit. They also make a great addition to salads and vegetables. Raw nut butters have the same nutritional benefit as nuts.

There is also evidence that people who add nuts to their diet regularly are more likely to maintain or lose weight over the long term.

PLEASE POST FOR THOSE WITHOUT EMAIL