

Go Nuts!

Health Benefits

- Nuts may help lower cholesterol, partly by replacing less healthy foods in the diet
- Nuts contain mono- and polyunsaturated fats known to benefit the heart
- Omega-3 fats found in walnuts may protect against irregular heart rhythms
- Nuts are rich in arginine, a substance that may improve blood vessel function
- Other nutrients in nuts (such as fiber and vitamin E) may also help lower cardiovascular risk.



Small in Size, but Packed with Health Benefits!



Nutty Slaw with Noodles

Simple Tips

- Substitute nuts for chips or cookies
- Avoid nuts that are fried in oil
- Choose nuts that are unsalted or lightly salted
- Sprinkle chopped nuts onto salads or stir-fry's
- Cook nuts into hot cereal or on top of cold cereal

Examples of Delicious and Healthy Nuts

- Almonds
- Brazil nuts
- Cashews
- Filberts
- Peanuts
- Pistachios
- Walnuts
- Macadamia nuts