



Adding Nuts to Your Diet

Tree nuts' nutritional properties are recognized for their health benefits. The nutrients found in tree nuts, including almonds, cashews, hazelnuts, macadamias, pecans, pistachios and walnuts vary by species, but in general, they are energy-dense foods providing more than 50% fat, including monounsaturated fatty acids (MUFA) and polyunsaturated fatty acids (PUFA), in addition to dietary fiber, calcium, potassium, folate, magnesium, selenium, vitamin E. Low in sodium and without cholesterol, they also contain other bioactive nutrients and phytochemicals. Sound evidence accumulated over the past decades supports that nut consumption has a beneficial effect on coronary artery disease, lipid metabolism, and all-cause mortality. In fact, recent research coming from one of the best well-designed clinical trial so far, the PREDIMED study, showed that Mediterranean-style diets rich in olive oil or nuts (1 serving a day, 1oz) (high in healthy fats) have proved to have more beneficial effects on cardiovascular risk factors, reducing inflammation and oxidative stress than a conventional low-fat diet. Therefore, the inclusion of 1 serving of nuts (a handful or 1 oz) in a daily basis is supported by science and will help you live longer and healthier.

Easy ways to incorporate nuts in your diet

- Walnuts/pecans in a spinach salad or salmon filled with almonds
- For a light breakfast- steel oat meal with a handful of walnuts
- Snacks and side desserts: UNSWEETENED NUTS/NOT SALTED/ PREFEREBLY RAW—satiety
- A handful of nuts as a snack between meals **in replacement** of other things.
- Bake with nuts: prepare a cake/muffin with extra virgin olive oil as a main fat, whole wheat flour, skim milk and almonds. As a dessert with Greek yogurt and berries
- Enjoy Greek yogurt, fruit and nuts for a healthy dessert!