

# The Benefits of Nuts



Do you like peanuts, walnuts, or pecans? What about cashews or almonds? If so, these foods belong to the **Protein Foods** group and are very **nutritious!**

Nuts improve your overall health. Eating nuts can lower your risk of having a heart attack, stroke, memory loss, and gallstones. According to research, eating nuts regularly, can delay heart disease by five to six months!

The USDA Food Guide recommends that we eat 1 to 2 oz of nuts per day. This will allow us to receive the most benefits to our health. We should try to eat a mixture of nuts, such as peanuts, almonds, cashews and walnuts.



Walnuts may be more beneficial for your heart than other nuts because they contain omega 3 fatty acids.



Almonds are able to lower your bad cholesterol (LDL) levels. Almonds also help to satisfy hunger cravings. Studies at the University of Illinois have shown that eating Brazil nuts can help prevent breast cancer.



Cashews provide a great source of iron which helps maintain red blood cells. They also contain magnesium, which promotes

energy and bone growth. Cashews even contain phosphorus to help build bones and teeth, as well as zinc, which helps you digest food!



It is noted that nuts tend to lower cholesterol levels, which will lower your risk of getting heart disease when you get older.

Nuts are great sources of fiber, vitamin E, folic acid, copper, magnesium and arginine. All of these have a role in preventing heart disease.

Vegans (people who do not eat any or most animal products) may use nuts as a substitute for dairy or meat products. Using nuts and seeds in making vegan burgers can result in complete protein together with the wheat bun.



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WALNUT	BRAZILNUT	ZINC	PECAN
IRON	COPPER	CASHEW	MAGNESIUM
PREVENT	ALMOND	PHOSPHORUS	VEGAN
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