

Fats for health: Nuts and seeds are good for you.



Nutty about nuts? They are good for you!

Nuts have good fats and no cholesterol!

Several studies suggest that eating nuts and seeds regularly may lower LDL (bad) cholesterol.

Use nuts and seeds in place of other foods. They are high in calories so you will need to eat less of something else to prevent weight gain.

Nuts are a good source of...

- B vitamins: folic acid, niacin, and thiamin.
- flavinoids: These are antioxidants thought to help prevent heart disease and cancers.
- minerals: copper, magnesium, manganese, phosphorous, selenium, and zinc.
- protein.
- vitamin E.

An ounce of nuts can be used to replace an ounce of meat.

- try them in your spaghetti sauce
- use them in a stir-fry
- toss them in your salad instead of cheese
- use them for a snack

1 ounce serving = 1/3 cup

Kinds	# nuts	calories	“good fat” grams
Almonds	22-24	169	9.5
Brazil nuts	6 to 8	186	6.5
Cashews	16 to 18	163	7.7
Chestnuts	2	43	0.18
Hazelnuts	18 to 20	183	13.2
Macadamias	10 to 12	204	16.8
Peanuts	28	164	6.9
Pecans	18 to 20 halves	196	11.6
Pine nuts	150 to 157	160	5.4
Pistachios	45 to 47	162	6.9
Walnuts	8 to 11 halves	185	2.5