

The Health Benefits of Nuts



Back in 2003, the USA FOOD AND DRUG ADMINISTRATION announced that certain nuts such as : almonds, walnuts, pecans, cashews, pistachios, hazelnuts and peanuts could considerably reduce your risk of heart disease.

Now a recent study published in the NEW ENGLAND JOURNAL OF MEDICINE confirms that a serving of nuts a day not only reduces your risk of heart disease but also of death from any cause.

Researchers from Harvard Medical School analysed 30 years of data.

The results showed that a one ounce serving of nuts per day lowered heart disease risk by almost 30%, cancer risk by 10%, diabetes and lung disease risk by 20%; and those who ate nuts daily were 20% less likely to die of any cause.

Tree-nuts (walnuts, almonds, pecans, cashews) have proven heart-healthy benefits. Walnuts are especially high in omega 3 oil.

Nuts contain plant sterols which lower cholesterol levels. They are good sources of fiber and are rich in poly- and mono-unsaturated oils which help to maintain normal heart rhythm and reduce cancer risk. Nuts are also good sources of vitamin E and anti-oxidants and

minerals such as calcium and magnesium and zinc. And are good sources of protein.

Nuts, notably, reduce the risk of pancreatic cancer.

Of course, you should not overindulge because nuts do contain calories of high oil content.

In summary then nuts used in moderation are very good for your overall health.

BY **DR. ELLIOT DOUGLIN**

DID YOU KNOW?

Almonds, Brazil nuts, hazelnuts, macadamia nuts, pecans, pistachios and walnuts are highest in monounsaturated fat.