

Nuts About Nuts

When it comes to nut nutrition, the benefits are almost too numerous to list. Here are just a few of the latest findings:

- Eating pistachios, which have lots of the antioxidants lutein, beta-carotene, and vitamin E, can help improve blood sugar levels, improve blood vessel health, and lower LDL (“bad”) cholesterol levels.
- Eating walnuts, which are rich in polyunsaturated fat, helps lower fasting insulin levels in people with non-insulin-dependent diabetes.
- Those who eat at least ¼ ounce of tree nuts each day (basically every nut except peanuts, which are legumes) have diets richer in fiber, vitamin E, calcium, magnesium, and potassium and lower in

sodium than do those who don’t eat nuts on a daily basis.

- Eating one serving of nuts (1 ounce) or peanut butter (1 tablespoon) at least five times a week appears to significantly reduce the risk of developing cardiovascular disease and lowers both total and LDL cholesterol levels.

Because nuts come in all shapes and sizes, the number of nuts in one serving can vary greatly. Here’s a rundown of serving sizes:

- ALMONDS:** 20 to 24
- BRAZIL NUTS:** 6 to 8
- CASHEWS:** 16 to 18
- HAZELNUTS:** 18 to 20
- MACADAMIA NUTS:** 10 to 12
- PEANUTS:** 22 to 25
- PECANS:** 18 to 20 halves
- PINE NUTS:** 150 to 157
- PISTACHIOS:** 45 to 47
- WALNUTS:** 8 to 11 halves

GET NUTS

Sure you improve your diet by eating just a handful, but there are more interesting ways to get the health benefit of nuts. Try these:

- Walnuts or pecans add great crunch and flavor to hot cereals like oatmeal or cold cereals.
- For a quick breakfast, try mixing slivered almonds into some plain or vanilla nonfat yogurt along with fresh berries.
- Peanut butter and other nut butters are delicious when spread on warm toast. Add a glass of skim milk and a banana and you’ve got a nutrition-packed, satisfying breakfast.





- Sprinkle roasted almonds or walnuts on top of a veggie-filled salad.
- A good old-fashioned PB&J sandwich makes a quick and easy lunch.
- Finely chop pistachios or walnuts and mix with some bread crumbs for a crunchy coating when baking fish or chicken.
- Stir pine nuts into a pasta salad.
- Make a Thai-inspired dinner with a peanut-butter-based sauce for chicken or pasta.
- Mix your favorite nut with your favorite dried fruit for a satisfying snack mix. Think cashews and raisins, almonds and cherries, walnuts and cranberries, and pecans and blueberries, to name a few.
- Toss roughly chopped macadamia nuts into your banana bread batter. 🌿

— Heidi Reichenberger McIndoo, MS, RD, LDN

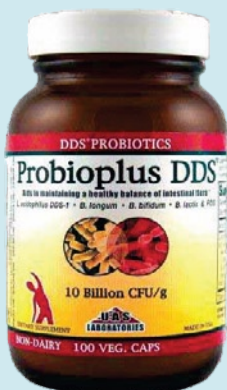


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