Including nuts in your diet as a snack or as part of a meal is a great way to get a power-packed dose of nutrients. The worthiness of nuts being part of a healthful diet has grown over the years and along with nutrients, nuts also add crunch and interesting flavors to any food.

The Tree Nuts—Almonds, Brazil nuts, Cashews, Hazelnuts, Macadamia nuts, Pecans, Pine nuts, Pistachios and Walnuts have been identified to have health benefits associated with different medical conditions.

⇒ It appears that the strongest medical connection is that people who eat nuts on a regular basis have a lower risk of heart disease.
⇒ Research shows this may be due to reducing LDL (bad) cholesterol, having powerful antioxidants in the nuts, and influencing inflammatory conditions.

Nutrients found in nuts include:
⇒ Protein, fiber, folic acid, niacin, Vitamins E and B6, magnesium, copper, zinc, selenium, phosphorus and potassium.
⇒ Phytochemicals such as flavonoids, phenolic compounds, isoflavones, ellagic acid and phytosterols
⇒ Tree nuts contain healthy monounsaturated fats connected with reducing LDL cholesterol levels
⇒ Almonds are packed with calcium
⇒ Walnuts contain omega-3 fatty acids
Try to include 1 handful (1—2 ounces) of a variety of nuts each day.

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