



Nuts



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Nuts are rich in protein, fiber, phytonutrients and antioxidants. Researchers found that people who eat nuts regularly have lower risks of heart disease.

In 2003, the FDA approved the following health claim for 7 kinds of nuts: Scientific evidence suggests...that eating 1.5 oz per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

The FDA only approved the heart health claim for almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachios and walnuts as these nuts contain less than 4g of saturated fats per 50g. However that doesn't mean you should restrict yourself to these 7 nuts only.

The Skinny on Fats

Nuts are high in fat, which sends up alarms for those watching their fat intake. However, the fats in nuts are mostly monounsaturated and polyunsaturated (omega 3--the good fats) which have all been shown to lower LDL cholesterol. And while nuts are also calorie-dense, adding a moderate amount of nuts to your daily diet has not been shown to cause weight gain.

Going Nuts

Instead of simply adding nuts to your diet, eat them in replacement of foods that are high in saturated fats and limit your intake of these tasty treats to 1 to 2 ounces per day. For instance, instead of adding chocolate chips when making cookies, sprinkle on some nuts. Or instead of making a deli meat sandwich, try a nut butter toast. With a little imagination, nuts can easily be added to many recipes, including home-baked bread, cakes, soups, main dishes, sauces, stuffings, salads, and desserts.