

♥ Health Minute™

Nuts for walnuts

Nuts have gotten a bum rap because of their high fat content. Recent research shows that nuts have a lot of health benefits that we miss when we avoid them. Like all things, some nuts are better than others and it appears that walnuts are king. Walnuts are high in fiber and in protein. Eating one ounce (1/4 cup) of walnuts daily has been shown to benefit heart health by lowering C-reactive protein (an inflammatory protein), lowering bad (LDL) cholesterol, increasing the size of LDL particles (makes them less sticky), and improving the function of the cells that line your arteries. Worried about weight gain? Walnuts and other nuts help make you feel full so you end up eating less overall.



Wonderful walnuts	What? Nuts?
<ul style="list-style-type: none">♥ 1 ounce contains 4 grams of protein, 2 grams of fiber, and approximately 33 other micronutrients♥ An Australian study in 2004 showed a 10% decrease in bad cholesterol with 1 ounce daily♥ Increase insulin sensitivity and improve diabetes control♥ Slows down breakdown of bone which helps osteoporosis♥ Source of the Omega 3 ALA – not as readily used by the body as the EPA and DHA from fish but good nonetheless.	<ul style="list-style-type: none">♥ In the past, many doctors recommended that people with diverticulosis avoid seeds and nuts. It was thought that these tiny particles could lodge in the diverticula and cause inflammation (diverticulitis). There is no scientific evidence that seeds and nuts cause diverticulitis; however if you have diverticulitis and you think that nuts and seeds trigger your attacks, avoid them.♥