

Chapter 1 : Types of Nuts and Seeds and Their Health Benefits

Hemp seeds are commonly well-known for their higher amount of essential fatty acids compared to other nuts and seeds, offering a more balanced ratio of omega-6 to omega 3. The seeds are good sources of vitamin E and also contain substantial amounts of magnesium, calcium, iron, sulfur and zinc.

Healthy nuts and seeds you should eat every day Newsflash! They are a great natural source of vitamins, minerals, protein, fat, flavonoids and fiber. Of course no one knows which one that is. So the best strategy is to eat a variety. Here are the top healthiest nuts: Almonds have as much calcium as milk, and contain magnesium, vitamin E, selenium and lots of fiber. They can lower cholesterol and help prevent cancer. Walnuts are extremely good for your heart and brain, and contain ellagic acid a cancer-fighting antioxidant. Pecans have tons of vitamins and minerals like Vitamins E and A, folic acid, calcium, magnesium, copper, phosphorus, potassium, manganese, B vitamins, and zinc. And they help lower cholesterol. Brazil Nuts are a good source of protein, copper, niacin, magnesium, fiber, vitamin E, and a great source of selenium. Cashews are rich in minerals like copper, magnesium, zinc, iron and biotin. According to this peer-reviewed study , roasting almonds doubled the antioxidant activity and phenolic compounds in almond skins, better than freeze drying or oven drying. Here are the top healthiest seeds: Hemp seeds are a certified superfood with cancer and heart disease prevention properties. They are high in protein and fiber, with balanced omega 3 and 6 fatty acids. Sesame Seeds are a good source of calcium, magnesium, zinc, fiber, iron, B1 and phosphorus. They can lower blood pressure, and protect against liver damage. Sesame seeds have also been linked to prevention of many diseases like arthritis, asthma, migraine headaches, menopause, osteoporosis, and may even reduce PMS symptoms. Finally Apricot seeds aka Apricot kernels , Apple seeds, and other bitter fruit seeds contain Amygdalin aka Vitamin B17 which has incredibly powerful anti-cancer properties. There are many cases of people who cured their cancer with Apricot kernels alone! Eat them straight out of the bag, throw some in a bowl for the family, or toss into a smoothie, into oatmeal or on a salad. Either way, a couple handfuls of trail mix every day will rock your body with super nutrients. So go ahead and embrace your inner hippie, throw on a pair of birkenstocks with socks, douse yourself in patchouli, and load up on some trail mix. Frying nuts converts the fats into an unhealthy form, and most seasonings are made from artificial flavors, chemicals, and preservatives, contain MSG, and are high in sodium. Organic raw or roasted nuts are best. If you want to maximize the nutrients you get from nuts, you can soak them in distilled or purified water overnight. It can also help reduce the amount of pesticides on them if they are not organically grown. Place 4 cups of nuts in a bowl with enough distilled water to cover the nuts completely. Add a tablespoon of celtic sea salt. This helps the neutralize enzyme inhibitors. Different seeds and nuts have different soaking times, but the easiest rule of thumb to remember is to let them soak 7 hours overnight. If you do it in the oven, keep the temperature under 200 degrees and shift them around on the pan occasionally. Every oven is different so it might take some experimentation to get the ideal drying time figured out. And because this is essentially a 24 hour process it makes sense to do several big batches at a time. Afterward compare the flavor of the soaked and dried nuts versus the non-soaked nuts. You might be surprised to find they taste better, depending on the nut and your taste. Cashews should soak 6 hours or less and need to dry out quickly at 200 degrees or they can get funky.

Chapter 2 : Healthy nuts and seeds you should eat every day

Buy The Goodness of Nuts and Seeds by Natalie Seldon online from The Works. Visit now to browse our huge range of products at great prices.

Sign up now Nuts and your heart: Eating nuts for heart health Eating nuts helps your heart. Discover how walnuts, almonds and other nuts can help lower your cholesterol when eaten as part of a balanced diet. By Mayo Clinic Staff Eating nuts as part of a healthy diet may be good for your heart. Nuts contain unsaturated fatty acids and other nutrients. But choosing nuts instead of a less healthy snack may just help you stick to a heart-healthy diet. Can eating nuts help your heart? Although a great deal of research suggests that nuts can benefit heart health and reduce the risks of dying early from heart disease and other causes, the evidence is still inconclusive. One way nuts may help your heart health is by lowering the low-density lipoprotein LDL, or "bad" cholesterol levels. LDL plays a major role in the development of plaque that builds up on the blood vessels. Eating more nuts has also been linked to lower levels of inflammation linked to heart disease. Eating nuts may also reduce your risk of developing blood clots that can cause a fatal heart attack. Nuts also appear to improve the health of the lining of your arteries. Besides being packed with protein, most nuts contain at least some of these heart-healthy substances: Omega-3 fatty acids are found in many kinds of fish, but many nuts are also rich in omega-3 fatty acids. Omega-3s are a healthy form of fatty acids that seem to help your heart by, among other things, preventing dangerous heart rhythms that can lead to heart attacks. All nuts contain fiber, which helps lower your cholesterol. Fiber makes you feel full, so you eat less. Fiber is also thought to play a role in preventing type 2 diabetes. Vitamin E may help stop the development of plaques in your arteries, which can narrow them. Plaque development in your arteries can lead to chest pain, coronary artery disease or a heart attack. Some nuts contain plant sterols, a substance that can help lower your cholesterol. Plant sterols are often added to products like margarine and orange juice for additional health benefits, but sterols occur naturally in nuts. Nuts are also a source of l-arginine, which is a substance that may help improve the health of your artery walls by making them more flexible and less prone to blood clots that can block blood flow. What amount of nuts is considered healthy? As much as 80 percent of a nut is fat. Ideally, you should use nuts as a substitute for saturated fats, such as those found in meats, eggs and dairy products. Instead of eating foods with unhealthy saturated fats, try substituting a handful of nuts or a tablespoon or two of a nut spread. The American Heart Association recommends eating about four servings of unsalted nuts a week. Select raw or dry-roasted nuts rather than those cooked in oil. A serving is a small handful 1. But again, do this as part of a heart-healthy diet. Does it matter what kind of nuts you eat? Most nuts appear to be generally healthy, though some may have more heart-healthy nutrients than others. For example, walnuts contain high amounts of omega-3 fatty acids. Almonds, macadamia nuts, hazelnuts and pecans are other nuts that appear to be quite heart healthy. And peanuts – which are technically not a nut, but a legume, like beans – seem to be relatively healthy. All calorie and fat content measurements are for 1 ounce, or

Chapter 3 : Best Healthy Nuts and Seeds for Weight Loss

The Goodness of Nuts & Seeds is a practical and inspiring cookbook that shines the light on one of the hottest food trends of the year, and makes healthy-eating realistic on any day of the week. Natalie Seldon is a name to look out for in

Nuts and Seeds Nuts and Seeds provide a powerhouse of nutrition Seeds and nuts are popular foods in many diets, often as snacks, but in most vegetarian eating plans, they are staples. These nutrient-dense powerhouses provide protein, fiber, healthy fats, enzymes and a number of vitamins and minerals. Nut creams and nut milks can be used to make sauces or in smoothies. Keep them cool Store seeds and nuts in a cool, dry place in an airtight container. Since nuts and seeds have a high unsaturated fat content, they are subject to turning rancid if not handled properly. Nuts in the shell will keep longer than shelled nuts, but they are not as convenient to use. In the raw Whenever possible, the best way to eat most nuts and seeds is raw, since they retain the highest level of enzymes and other nutritional value that way. However, roasted nuts can still be nutritious, especially if you roast them yourself with a minimum of added fat and salt. Raw nuts may be easier to digest than roasted ones due to the enzymatic activity of raw foods. Interesting Fact about Nuts and Seeds: Cashews are generally not eaten raw due to a toxic substance in the oil of the shells that can get into the nuts. Roasting solves this problem, so cashews are usually eaten roasted. The cashew tree is in the same family as poison ivy, and the oil in the shells of cashews may have the same effect as poison ivy does on some people. Grind as you go Seeds should be purchased whole and ground fresh, since they begin to deteriorate as soon as they are ground and are more likely to become rancid that way. You can use a small coffee grinder to grind seeds, as needed. Varieties of nuts and seeds that can form part of a healthy diet: Almondâ€”an oval-shaped nut that, in its sweet form is popular as a snack, as a flavoring, as part of cereals and as an ingredient in recipes, especially desserts and garnishes; readily available in more forms in-the-shell, shelled whole, sliced, slivered, blanched and paste than any other nut; high in protein, fiber and minerals, particularly calcium, and a good source of B vitamins; related to peaches, cherries and plums. Since, as the name implies, they have a bitter taste, you are not likely to confuse the two, should you actually eat a bitter almond! The oil from bitter almonds can be used for non-edible purposes. To add extra flavor, texture and nutrition, garnish salads, green vegetables, casseroles, or hot cereals with sliced almonds. Brazil nut â€” a large, high-fat nut, native to the Amazon region; grows in clusters and has a hard brown shell; rich in minerals such as selenium. For more information on Selenium, [click here](#). Fun Fact for Nuts and Seeds: Brazil nuts have so much fat in them, they will burn like little candles when lit! Actually, the empty pods of Brazil nuts are often filled with wax and sold as candles, which seems a much wiser use of resources. You can use sliced Brazil nuts in place of, or along with, water chestnuts in recipes or to add crunch to salads. You may add some good quality salt to taste, if you wish. Cashew â€” a tan-colored, half-moon shaped nut; native to South America; not sold in the shell due to a toxic irritant in the oil of the shells; eaten roasted rather than raw; higher in carbohydrate and lower in fat than other nuts; rich in protein, minerals, B vitamins and fiber. However, this cashew apple is so perishable that it can only be enjoyed fresh from the tree and thus cannot be shipped to other parts of the world. You may add some good quality salt, to taste, if you wish. Sprinkle one tablespoon chia seeds on yogurt, cereal, soups, salads, even ice cream. Make a gel from chia seeds plus water 8: Use gel to replace half of the fat in baked goods, such as muffins, cookies, brownies and pancakes or add to yogurt, puddings, etc. [Click here](#) for more information on chia seed. Chia seeds were widely used in ancient times by the Aztecs in Central America. Although their efficacy as an energy food was undeniable, according to one account, the European conquerors sent some home to Spain, but they did not catch on as a food with the Spanish people of that time. Add unsweetened, grated coconut to breakfast cereals, yogurt and baked goods for extra nutrition, texture and flavor. You can generally substitute unsweetened, grated coconut for sweetened coconut in cookie recipes, since there is usually enough sugar in the recipe already. Coconut can also be made into flour, which is gluten-free and can be used to replace part of the flour in baked goods. Keep in mind that coconut flour is more dense than other flours, so use sparingly to avoid a heavy finished product. Since there is disagreement on this issue and since

coconut does contain saturated fat with all its implications, we may have to wait for more research to be sure. In the meantime, using natural, unsweetened coconut, a whole food, as part of your diet seems reasonable. Flaxseed – small golden or brown seed from the flax plant used as food as far back as ancient Greece and Rome; high in fiber and Omega-3 oils; oil may be used as an Omega-3 supplement for vegetarians instead of fish oil; excellent source of lignans, fiber that helps lower cholesterol. Interesting Facts about Nuts and Seeds: The flax plant, a plant with blue flowers, is used to make linen fabric. Click here for additional information about flax seed. Macadamia - Macadamia nut is the seed of the macadamia tree. Although they are grown commercially in Hawaii, California and Florida, Macadamia nuts are native to Australia. Peanut – not really a nut, but a legume; as a food they are used more like nuts in butters and for snacks; good source of the B vitamin, niacin; provide protein and energy; grow underground; member of the pea family. It has been suggested that peanuts replaced cotton as a cash crop in the South when the cotton crop was devastated by the boll weevil pest. Peanuts can be used in main courses as well as desserts. Click here for Peanut Butter Fudge recipe. Add to cereal, salads, yogurt or smoothies for extra nutrition; May be used to make Baklava. Pine nut – cream-colored, sweet-tasting seed from certain pine trees that grow in southwestern U. S and Mexico; also called pignolia and pinon nuts; common in Mediterranean diet; may be a digestive aid and appetite suppressant; good source of antioxidants, vitamins and minerals; also imported from Europe and Asia. Pine nuts are great on salads and are used in pesto sauces for Italian dishes. Fun Facts about Nuts and Seeds: Pine nuts are the seeds hidden in the pine cones of pine trees. They are popular with songbirds who harvest them from the pine cones with their beaks and even store them for future consumption. Sometimes these storage depots are not used and end up sprouting and producing new trees. Native Americans also used pine nuts as a staple in their diet, often for grinding into flour. Pistachio – bright green nut with a buff-colored shell sometimes dyed red ; native to the Europe and Asia; popular as a snack and ingredient in sweets; rich in antioxidants and minerals; may have cholesterol-lowering qualities; member of the sumac family. It used to be the practice to dye pistachios red to make them more attractive and uniform in color. With better ways to pick and sort the nuts, this practice of dyeing them red has become less common. No more telltale scarlet fingers from shelling pistachios! Pumpkin seed – flat, oval-shaped, green seed covered with a whitish coat from pumpkins; high in minerals, especially zinc; may contribute to prostate health and be anti-inflammatory; sometimes called pepitas. Many people buy pumpkins to use the flesh for pies, etc. However, the seeds can be roasted for a tasty, nutritious treat. Simmer washed, raw pumpkin seeds in salted water for about 10 minutes. Spread seeds on pan oiled with olive oil and bake at degrees for 10 minutes, stir and re-spread seeds and bake another minutes or until golden brown. Sesame seed – tiny, oval-shaped seed that is commonly used for its oil and on top of rolls and buns; rich in copper and manganese; good source of lignans, fiber that helps lower cholesterol; also used in Halva sweetened and Tahini butter ; their use dates back to ancient times. Sesame seed recipe ideas: Sprinkle sesame seeds on your homemade breads for extra texture, nutrition and eye-appeal. The light-colored sesame seeds that you see on commercial products, such as rolls and buns, may have had their hulls removed. Sesame seeds that have not been hulled can be white, brown, red or black. Sunflower seed – small seed that is gray when hulled; used for its oil and as food; good source of Vitamin E, magnesium and selenium; may help lower cholesterol and high blood pressure; comes in larger, striped hull or smaller, black hull varieties. Sprinkle sunflower seeds on salads and add them to bread and homemade granola for extra nutrition. They also make a great snack all by themselves. Click here for homemade granola recipe. Sunflower seeds are a popular food for backyard bird feeders. They are a high-energy food that many birds, such as cardinals, chickadees and nuthatches find a tasty treat. If seeds are dropped around the feeder, you may find yourself with some of the tall stalks and bright flowers of sunflower plants, since the seeds can easily germinate and grow. Sprinkle on salads or add to cereals; great as a snack; may be eaten sparingly before a meal to help control appetite. Click here for Cottage Cheese Loaf recipe. One unusual way walnuts are used is picking them while they are still green and then pickling them! Please pass the pickles! Caveat for Nuts and Seeds: Nuts can be allergens for some people. Allergic reactions to nuts can vary greatly from minor to life threatening. For this reason, food companies are required to note on the food label if their product may have come in contact with any nuts during processing. WebMD Have a question about eating healthy? Get answers

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Chapter 4 : What Are the Health Benefits of Eating Nuts & Seeds? | Healthy Eating | SF Gate

The goodness of nuts and seeds has 1 rating and 1 review. penny said: While published in this very small and slender volume (~5x7 and only 65 pages.

Nuts and seeds make up an important part of a healthy diet. Both types of food help you reach your recommended intake of protein each day, as well as count toward your daily fat allowance. Seeds and nuts benefit your health because they offer key essential nutrients and play a role in disease prevention by keeping you healthy as you age. Fiber Nuts and seeds benefit your health by providing a source of dietary fiber. Fiber is a specialized type of carbohydrate found in plant-based foods. It does not break down as it passes through your digestive tract, and the undigested fiber adds bulk to your stool to promote regular bowel movements. Fiber also helps slow the rate of digestion. This means that sugar from your meal enters your bloodstream slowly, leading to a gradual rise in blood sugar that leaves you feeling energized after you eat. Opt for flax seeds as an excellent source of fiber -- an ounce of the seeds contains a whopping 7. An ounce of almonds boosts your fiber intake by 3. An equivalent an serving of pistachios and pecans offers 2. Healthy Fats You need fat as part of your diet, and eating nuts helps ensure that your fat intake comes from healthy unsaturated fat rather than harmful saturated fat found in meats and other animal products. Walnuts and flax seeds, in particular, boost your healthy fat intake because they contain alpha-linolenic acid, a type of omega-3 fatty acid. This type of fat helps maintain brain function, nourishes your red blood cells and helps fight excess inflammation. Select English walnuts to boost your omega-3 intake -- each ounce of nuts contains 2. Flax seeds also provide a rich source of omega-3s, offering 1. Disease Prevention A diet rich in nuts and seeds also helps keep you healthy as you age by preventing disease. People who regularly consume nuts tend to weigh less than those who rarely eat nuts, as well as face a lower risk for weight gain in the future. Nuts and seeds both help reduce the levels of inflammation in your body, according to the Linus Pauling Institute, which might reduce your risk of heart disease. Nut consumption also correlates with a reduced risk of type 2 diabetes. Department of Agriculture has not yet set a recommended intake level for nuts and seeds. Use nuts and seeds to add texture to smoothies or pureed soups -- simply add ground flaxseeds directly to your meal, or soak other nuts and seeds until soft and then blend into your food. Make your own flavored nuts and seeds for snacks by adding spices, such as cinnamon or paprika, to the nuts and then baking until slightly browned. Alternatively, use nuts and seeds as a topping for casseroles, hot or cold cereals, soups, salads or in wraps or sandwiches.

Chapter 5 : The Goodness of Nuts & Seeds by Natalie Seldon | A Little Bird

Nuts and seeds are vitamin and mineral powerhouses, offering many health benefits, including keeping your heart healthy, supporting your immune system and keeping your brain in tip-top condition. In The Goodness of Nuts & Seeds, Natalie Seldon uses these versatile nuggets of nutrition to conjure up all kinds of culinary magic.

They taste great and make a satisfying snack for both children and adults. They are good for your overall health as they contain protein, fiber, B vitamins, vitamin E and many other minerals and antioxidants. In addition, they contain a high amount of monounsaturated fats, the same fats found in olive oil. Monounsaturated fats are heart-healthy. Some of them are also great sources of omega-3 fatty acids. Be sure to eat them raw to derive the nutritional value. When exposed to heat during cooking, most of the nutritional qualities are destroyed. You can eat them as is out of the jar or can, or enjoy them soaked, ground or mashed. However, as most nuts are high in calories and fats, do not eat them in excess. Here are the top 10 healthy nuts and seeds you should eat every day.

Almonds Although many people consider almonds to be nuts, they are technically the seeds of the almond tree. They are off-white in color, covered by a thin brownish skin and encased in a hard shell. Both sweet and bitter almonds are readily available in the market. Usually, sweet almonds are edible, while bitter almonds are used to make almond oil. They are also high in many antioxidants, such as vitamin E and selenium. In addition, they are an excellent source of healthy monounsaturated fats. Almonds are also beneficial for your hair and skin. A small handful of almonds are all you need to eat daily. You can even try almond flour, almond milk and almond butter.

Flaxseeds Flaxseeds are available in the market in two basic varieties—brown and yellow or golden. These seeds feature a smooth, glossy surface and flat shape. They have a nutty yet pleasantly sweet taste. The main health benefits of flaxseeds are due to their rich content of alpha-linolenic acid, fiber and lignans. They are also relatively high in protein, B vitamins, copper, manganese, magnesium, phosphorus, zinc, selenium and phytochemicals. The high fiber in flaxseeds promotes healthy bowel functioning, suppresses appetite and helps support weight loss. Flaxseeds can even help ease the symptoms of premenstrual syndrome (PMS), lower cholesterol, protect against heart disease, stabilize blood sugar and reduce the risk of cancer. They are equally good for maintaining healthy skin and hair. The recommended serving size is 1 to 2 tablespoons of ground flaxseeds twice daily. Grind the seeds using a blender and add them to cereals, oatmeal and smoothies. Another popular technique is to incorporate ground flaxseeds into muffin, cookie or bread recipes. Make sure to drink plenty of water when eating flaxseeds. Pregnant women, breastfeeding mothers and people taking blood thinners should avoid eating ground flaxseeds or taking flaxseed supplements.

Pumpkin Seeds Pumpkin seeds, also known as pepitas, are flat and asymmetrically oval. These dark green seeds have a malleable, chewy texture and a sweet, creamy, nutty flavor. Pumpkin seeds are rich in protein and B vitamins, such as thiamin, riboflavin, niacin, pantothenic acid, B6 and folate. They also contain vitamins E, K and C as well as omega-3 fatty acids, fiber, zinc, manganese, magnesium, iron and phosphorus. They also contain health-supportive phytochemicals—beta-sitosterol, sitosterol and avenasterol. In addition, they are lower in fat than other nuts and seeds. Regular consumption of these seeds helps boost immunity, lower bad cholesterol, control blood sugar, fight anxiety and depression, reduce arthritis pain, support prostate health, improve heart health, and reduce the risk of developing some types of cancer. They also help maintain healthy eyes, hair and skin. You can eat a handful of sun-dried pumpkin seeds as a healthy snack. You can sprinkle them on soups, salads, smoothies, cereals and even yogurt. In addition, you can use pumpkin seeds in your baking.

Walnuts Walnuts are edible kernels obtained from a tree in the genus *Juglans*. Technically, it is a drupe as it takes the form of a fruit enclosed by a fleshy outer layer with a seed inside. As compared to other nuts, walnuts contain a high amount of monounsaturated fats, primarily polyunsaturated fatty acids, as well as a significant amount of alpha-linolenic acid. Regular consumption of walnuts can help reduce the risk of prostate and breast cancer, lower high blood pressure, improve cholesterol levels, aid in weight control, boost brain health and manage diabetes. They are equally good for your skin and hair. By eating just 1 ounce of walnuts daily, you can enjoy many of the health benefits. Walnuts make a delicious snack. You can add chopped

walnuts to add extra nutrition, flavor and crunch to any dish, salad, soup or smoothie. **Sesame Seeds** Sesame seeds are tiny, flat, oval-shaped seeds that have a nutty and crunchy taste. They come in different colors, such as white, yellow, black and red. These seeds are highly valued for their oil, which is exceptionally resistant to rancidity. These seeds contain manganese, copper, calcium, magnesium, iron, phosphorus, B vitamins especially niacin and folate, zinc and fiber. In addition, they contain two unique substances – sesamin and sesamol. They can lower blood pressure and cholesterol, protect against liver damage, promote bone health and reduce PMS symptoms. They go well in breads, crackers and other baked products. You can also sprinkle them on stir-fry dishes, soups, salads and more. You can even make tahini, a popular dip. Excessive consumption of sesame seeds may trigger migraines and irritable bowel syndrome IBS symptoms in people who are sensitive to nuts and seeds. **Chia Seeds** Chia seeds are small, oval seeds that are mottle-colored with brown, gray, black and white. The seeds are hydrophilic and can absorb up to 12 times their weight when soaked in water or other liquids. They also contain fiber and omega-3 fatty acids. Consumption of chia seeds on a regular basis can help reduce joint pain, keep the digestive system healthy, aid weight loss, deliver an energy boost, improve brain health, reduce depression, fight arthritis and protect against diabetes, liver disease and heart disease. The recommended serving size is 1 to 2 tablespoons daily. Do not consume these seeds in dry, raw form. Before eating the seeds, mix them in enough liquid to allow them to expand. You can sprinkle soaked chia seeds on top of salads or toast. You can also add them to smoothies, porridges, soups, puddings or baked goods. Do not consume chia seeds in excess as it may increase the risk of prostate cancer. **Sunflower Seeds** Sunflower seeds are the gift of the beautiful sunflowers. Each sunflower head may contain several hundred edible seeds that have a conical shape and a smooth surface. Sunflower seeds are an excellent source of vitamin E, a fat-soluble antioxidant. They are also a good source of healthy fats, fiber, magnesium, potassium, phosphorus, protein, B vitamins, iron, calcium, zinc, folate, selenium and copper. Regular consumption of these seeds can help reduce the severity of asthma, lower high blood pressure, prevent migraine headaches, reduce the risk of heart attacks and strokes, calm the nerves, reduce arthritis pain and lower cholesterol. In addition, they can help prevent heart disease and cancer. These seeds are delicious, having a nutty and crunchy flavor. You can eat them as a healthy snack, use them to garnish dishes and sprinkle them over hot or cold cereal or salads. You can even grind them to make your own sunflower seed butter. **Cashews** Cashews are not actually nuts. They are the kidney-shaped seeds that adhere to the bottom of the cashew apple, the fruit of the cashew tree. They are cream and white in color with a firm yet delicate texture and a smooth surface with a curvy, pointed tip. They have a delicately sweet yet crunchy taste. They have low sodium content and a high concentration of oleic acid and fiber. They are a good source of monounsaturated fat healthy fat. Eat a small handful of raw cashews daily. You can add them to both sweet and savory dishes. You can even add them to baked goods and smoothies. Cancer patients should avoid eating cashews. **Brazil Nuts** Brazil nuts are technically seeds, but people call them nuts due to their brown nut-like outer covering. These seeds come from the *Bertholletia excelsa* tree. They develop inside a large shell, which strongly resembles a coconut. When cut open, the shell reveals a number of nuts. Brazil nuts are one of the richest sources of the essential mineral selenium. They are also high in protein, fiber, vitamin E, several B-complex vitamins, magnesium, iron, copper, niacin, calcium and zinc. In addition, they are a good source of monounsaturated fat, and they contain no gluten protein. Eat 1 or 2 Brazil nuts each day. The rich, creamy flavor goes well with an assortment of dishes.

Chapter 6 : Nuts and Seeds - How they fit into a healthy eating lifestyle

Describes the nutritional value of nuts and seeds, and shares recipes for soups, main dishes, side dishes, sauces, vegetable dishes, and desserts that feature them.

Both of these foods are high in fibre and protein making them a filling snack option that will keep you satiated for a long time. Not only this, but nuts and seeds are packed full of nutrients, making them a health super food, and hugely more nutritious than other popular snack foods. Due to the high calorie content, it is important to keep portion sizes small if weight loss is your goal. A small handful per day is sufficient to provide you with nutritional benefits and fight off hunger, without consuming too many calories. Health benefits of nuts and seeds Rich in fibre and protein Nuts and seeds are not only rich in fibre and protein, but also in numerous other nutrients. They contain high levels of mono and polyunsaturated fats, which are important for heart health and can lower cholesterol levels. Some also contain high amounts of omega-3 fatty acids, which have been shown to have substantial benefits for the heart, cells and nervous system, as well as to reduce inflammation. The American Heart Foundation recommends including some nuts and seeds daily for the apparent benefits to heart health. Loaded with Vitamins and minerals Nuts and seeds are also rich in a multitude of antioxidants including vitamin E, folate, manganese, and selenium. These substances are important in the body as they help fight damage causing free-radicals and thus are thought to protect against cancers. Nuts are also a good source of minerals such as zinc and magnesium and B vitamins which are essential for energy. The Best Nuts and Seeds Choose raw and unsalted nuts For weight loss and nutrition value its best to choose raw, unsalted nuts. Salt can contribute to increases in blood pressure as well as making nuts more addictive, meaning it is hard to stop at a small amount. Avoid coated or roasted Avoid nuts that are coated or roasted in other oils, as these are often unhealthy hydrogenated or saturated fats, such as palm oil. Oil coated nuts will also be higher in fat and calories and therefore less suitable for weight loss. Avoid sugar coated nuts Sugar coated nuts should also be avoided, as these are again much higher in calories. Try toasting nuts yourself under a grill and seasoning with herbs or spices for a healthier alternative with more flavour than plain nuts. Calorie content of nuts and seeds In terms of calorie and fat content, there is not a huge amount of difference between plain nuts. Peanuts, almonds, pistachios and cashew nuts are the lowest in calories with around calories per ounce, whilst brazil nuts, walnuts, pine nuts and pecans contain around calories per ounce. High in vitamin E, magnesium, copper, vitamin B2 and phosphorus and concentrated in protein. The majority of fat in almonds is heart healthy mono-unsaturated fat. High in antioxidants, mono-unsaturated fats and phosphorus and with a lower fat content than many other nuts. High in omega-3 fatty acids, beneficial for anti-inflammatory properties, as well as vitamin B6, fibre and manganese. High in mono-unsaturated fats, flavonoids, antioxidants, and folic acid. They are also high in vitamin B3 and are thought to contain an antioxidant known as resveratrol, which is thought to have anti-aging effects. High in essential fatty acids, potassium, magnesium, phosphorus and vitamin K, these may be beneficial for arthritis and help lower cholesterol. Good source of Vitamin B1, mono-unsaturated fats, and phytosterols which inhibit cholesterol production. High in linoleic acid, fibre, magnesium and phytosterols. High in omega 3 fatty acids, manganese and copper. They also contain an essential amino acids used by the body to make nitric oxide, which is required for keeping blood vessels flexible. Chia seeds, super foods or scam? Whilst it is certainly true that these seeds are high in omega 3 fatty acids, antioxidants, fibre, protein and minerals, as are many nuts and seeds, it is unclear as yet how many of the supposed benefits can be verified scientifically. Studies have shown that when used in conjunction with a healthy diet, chia seeds may help to lower cholesterol and blood pressure. How to add nuts and seeds to your diet Apart from a handful of nuts as a snack there are many ways to add nuts and seeds to your diet to increase nutrition and assist with weight loss by adding protein and fibre to keep you fuller for longer. Add them to your breakfast menu Try adding a sprinkle of nuts or seeds on breakfast cereal or yogurt, or use spreads such as tahini or peanut butter with no added fats or sugar. See more healthy breakfast ideas Add them as cooking ingredients to your recipes When baking, throw in a handful of chopped nuts or sprinkle seeds on top of bread. Also, try to choose products made with added seeds such as

grain or nut bread. Add them to your salads A handful of nuts also make a great addition to a salad or pasta dish for a bit of crunch and toasted sesame seeds add extra texture to an Asian stir-fry. Nut milks and butters are also a good way to get the nutritional benefits and can often be lower in saturated fats than alternatives from animal sources.

Chapter 7 : The goodness of nuts and seeds by John Midgley

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Pistachios Walnuts Although peanuts are technically legumes like peas and beans, they are often referred to as nuts because they have similar nutrition profiles and characteristics. Nuts are highly nutritious. One ounce 28 grams of mixed nuts contains 1: The carb content of nuts is highly variable. Hazelnuts, macadamia nuts and Brazil nuts have less than 2 grams of digestible carbs per serving, while cashews have almost 8 digestible carbs per serving. That being said, nuts are generally an excellent food to eat on a low-carb diet. Nuts are high in fat, low in carbs and a great source of several nutrients, including vitamin E, magnesium and selenium. Antioxidants help control free radicals, which are unstable molecules produced as a normal part of metabolism. Free radical production increases in response to heavy sun exposure, stress, pollution and other causes. Although free radicals can play a beneficial role in immune response, having too many can lead to cell damage. When your level of free radicals is too high, your body is said to be in a state of oxidative stress, which increases disease risk 3. One study found that the ORAC of walnuts was greater than that of fish 4. Research has shown that the antioxidants in walnuts and almonds can protect the delicate fats in your cells from being damaged by oxidation 5 , 6 , 7. In one study, 13 people consumed walnuts, almonds or a control meal on three separate occasions. Both nut meals led to higher polyphenol levels and significantly less oxidative damage compared to the control meal 7. Nuts contain antioxidants known as polyphenols, which may protect cells and LDL cholesterol from damage. Analysis of data from a subgroup of the study found that those assigned to eat nuts lost an average of 2 inches 5 cm from their waists, which is significantly more than those assigned to eat olive oil Almonds have consistently been shown to promote weight loss rather than weight gain in controlled studies. One study found that pistachios may also be helpful for weight loss 12 , 13 , In one study of overweight women, those who consumed almonds lost nearly three times as much weight and experienced a significantly greater decrease in waist size compared to the control group For instance, the nutrition facts on a package of almonds may indicate that a 1-oz gram serving has 160 calories, but your body only absorbs about 120 of those calories Nuts have been shown to help promote weight loss rather than contribute to weight gain. Nuts Can Lower Cholesterol and Triglycerides Nuts have impressive effects on cholesterol and triglyceride levels. Pistachios have been shown to lower triglycerides in obese people and diabetics. The cholesterol-lowering power of nuts is believed to be due in part to their high content of monounsaturated and polyunsaturated fatty acids. Almonds and hazelnuts appear to reduce total cholesterol and LDL cholesterol while increasing HDL "good" cholesterol levels. One study found that ground, sliced or whole hazelnuts had similar beneficial effects on cholesterol 23 , 24 , 25 , Another study found that consuming a 1-oz gram mixture of walnuts, peanuts and pine nuts per day for six weeks significantly lowered all types of cholesterol except HDL in a group of women with metabolic syndrome 27 , Several studies have shown that macadamia nuts lower cholesterol levels. In one, a moderate-fat diet including macadamia nuts reduced cholesterol just as much as a lower-fat diet 29 , 30 , 31 , Type 2 diabetes is a common disease that affects hundreds of millions of people. Having a condition called metabolic syndrome is strongly associated with type 2 diabetes. Interestingly, nuts may be one of the best foods for people with metabolic syndrome and type 2 diabetes. Substituting nuts for higher-carb foods should lead to reduced blood sugar levels. Studies suggest that eating nuts may also lower oxidative stress, blood pressure and other health markers in people with diabetes and metabolic syndrome 33 , 34 , 35 , 36 , In addition, compared to the control group, the pistachio group had greater reductions in blood pressure and C-reactive protein CRP , a marker of inflammation linked to heart disease. However, the evidence is mixed and not all studies have found a benefit from eating nuts in people with metabolic syndrome Several studies have shown that blood sugar, blood pressure and others health markers improve when nuts are included in diets of people with type 2 diabetes and metabolic syndrome. Nuts have strong anti-inflammatory properties. However, chronic long-term inflammation can cause damage to

organs and increase disease risk. Research suggests that eating nuts may reduce inflammation and promote healthy aging. Specific nuts have been found to fight inflammation in healthy people and those with serious diseases. These include pistachios, Brazil nuts, walnuts and almonds 25 , 37 , 41 , 42 , 43 , Research suggests that nuts may be helpful for reducing inflammation, especially in people with diabetes, kidney disease and other serious health conditions. Fiber provides many health benefits. Many types of fiber function as prebiotics or "food" for your healthy gut bacteria. Your gut bacteria then ferment the fiber and turn it into beneficial short-chain fatty acids SCFAs. These SCFAs have powerful benefits, including improving gut health and reducing your risk of diabetes and obesity 46 , 47 , In addition, fiber helps you feel full and reduces the number of calories you absorb from meals. One study suggests that increasing fiber intake from 18 to 36 grams daily might result in up to fewer calories being absorbed 49 , Here are the nuts with the highest fiber content per 1-oz gram serving:

Chapter 8 : Nuts and your heart: Eating nuts for heart health - Mayo Clinic

**. I wouldn't normally post a review of a cookery book but thought this one deserved a * applaud for the lovely nut and seed recipes that actually work in a nicely designed format.*

Aug 30, Nuts and seeds are a high energy dense fuel source, packed with concentrated protein, fatty acids, vitamins, minerals, fiber and other nutrients unique to the specific varieties. They are the perfect addition to a vegan, raw vegan or vegetarian diet, providing a quality alternative to many meat-based foods. The types of seeds and nuts we are referring to are raw shelled or unshelled assortments that have not been high heat steamed or fumigated with chemicals to "sanitize" them. These are also selections that have not been toasted, dry roasted, blanched or salted, but are minimally processed straight from the tree or plant from which they are derived. If you have ever experienced growing your own nut trees or seed plants, you are well aware of the plentiful amount of food they can provide. Preserved within their own shells and husks, they literally produce pounds and pounds every harvest season, generating an energy sustaining food supply for wild life as well as humans. Although seeds and nuts can be a convenient condensed packet of nourishment for the average person, many people are reluctant to consume them because of their high caloric value. Keep in mind, however, that eating only a small number of nuts and seeds often delivers a sense of fullness that helps to alleviate hunger, often reducing the quantity of meal-time proportions. Best Ways to Prepare and Eat Raw Nuts and Seeds While minor amounts of raw nuts or seeds eaten occasionally by the handful or as a nut butter is fine once in awhile, when consumed in larger amounts, most nuts and seeds should be soaked, strained and rinsed to eliminate enzyme inhibitors that can impede their proper absorption. This is a practice typically employed by many health seekers who wish to enjoy a wide range of seed and nut variations in their diet as well as get the most out of their nutritional benefits. We discuss this topic more below in our Phytates, Lectins and Enzyme Inhibitors section. Because seeds and nuts tend to be on the acidic side of the food spectrum, it is always best to try to balance them with other more alkaline food choices, like green leafy vegetables. This is especially the case when consuming them in higher amounts which would be the situation when preparing nut burgers, seed based crackers, seed cheese, nut milks or other vegan recipes. Health Benefits of Nuts and Seeds Nuts and seeds are known for their high fat and oil content consisting of mostly monounsaturated and polyunsaturated fats with smaller proportions of saturated fats. This is one of the reasons why it is imperative not to heat them in any way as these oils are volatile to rancidity which turns their good fats into bad ones. Primarily comprised of fats and proteins, most are relatively low-glycemic, with a small amount of carbohydrate content. Each type of nut or seed comes with its own ratio of fatty acids and other beneficial ingredients, essential amino acids, vitamins and minerals, especially vitamin E, manganese, folate, B6, riboflavin, niacin, selenium, zinc, copper, magnesium, phosphorus and potassium. Many nuts and seeds typically contain high amounts of phytosterols compared to other foods and are known to have a cholesterol-lowering influence. This may include the phytosterols: It was shown in several studies that the consumption of nuts more than four times a week has a cardioprotective impact and may help to lower risk of coronary heart disease, according to a study published in the British Journal of Nutrition. Some nuts, like walnuts and almonds have additionally been shown to lower serum LDL cholesterol levels because of their unique fatty acid profile. On our omega fatty acids page we discuss the importance of consuming the proper ratios of omega-6 to omega-3 in the diet on a regular basis. The general standard for this is between a 4: The USDA, together with the FDA, the Almond Board of California and other groups issued a mandatory legislation calling for either steam processing or propylene oxide fumigation treatment to eliminate potential pathogens. According to the Almond Board of California, steaming almonds does not diminish nutritional value. The second most popular way to treat almonds is to fumigate them with propylene oxide, which is classified as a probable human carcinogen by the U. Fortunately, PPO is not allowed when the nuts are sold as an organic product, which is one way to ensure they have not been treated. While this mandatory rule, only applies to almonds, and may now include hazelnuts, some large scale manufacturers also started pasteurizing other nut and seed varieties. For this reason, it is important to know where your nuts and seeds come from and

how they are treated. This is not always apparent through labeling as there are no laws requiring companies to indicate employed techniques. Currently as of there are a few loopholes in the legislation requirements however. This may include small-scale farmers selling almonds at local farmers markets. The other way to get truly raw almonds in the U. Be aware than legislator may change in upcoming years, so it is a good idea to do your own research if this is a concern to you. One simple way to test the viability of some of your nuts and seeds is to soak and sprout them to see if they still retain the ability to germinate. This would be a good indication of nutritional quality and potency.

Top List of Nuts and Seeds

There are some wonderful varieties of raw nuts and seeds to choose from and below we list our favorites along with some of their health benefits and general dietary profile. They are one of the few trees that still grow wild in their native habitats and in Brazil they are actually illegal to cut down. One of the advantages of Brazil nuts is that many nuts sold for export are often wild nuts as opposed to plantation grown. Adequate amounts of selenium in the diet is important for proper thyroid gland functioning and is a good mineral to supplement when experiencing an under-active or over-active thyroid. One ounce 28g of nuts contain 4g of protein and a total fat content of They are very high in omega-6 fatty acids, with a lower omega-3 ratio. One ounce of Brazil nuts is calories.

Almonds

Almonds are native to Mediterranean climate regions and are a highly domesticated species that come from a non-edible wild variety, containing a form of cyanide. They are a common plantation grown nut in California as well as many other parts of the world in temperate to hot, dry climate zones. Almonds are one of the most alkaline nuts out of all the nut varieties. They are therefore a popular selection when following a dietary protocol to reestablish appropriate body pH levels or eliminate candida overgrowth. In some research , both almonds and their fibrous skins were also shown to "possess potential prebiotic properties", which may be helpful for encouraging the proliferation of beneficial bacteria in the colon. One ounce 28g of almonds contains 6g of protein and 14g fat content with 1. One ounce of almonds is calories. They have small amounts of xanthophyll carotenoids and vitamin E and are a good source of copper, thiamine and manganese as well as pyridoxine vitamin B6 , important for the production of the neurotransmitter serotonin. According to some research, pistachios have been shown to encourage heart-healthy blood lipid profiles. In one study is was demonstrated that "Pistachio consumption significantly decreased triglycerides and thiobarbituric acid-reactive substance levels and significantly increased total antioxidant activity. One ounce 28g of pistachios contains 5. According to Nutrition Data pistachios have One ounce of raw pistachios is calories.

Pine Nuts

Pine nuts are the edible nuts of different pine tree species. Found in shells within the pine cone itself, the nuts can be cultivated as well as harvested from wild trees. They have long been consumed as a dietary staple in the U. Pine nuts are very high in manganese, an important co-factor for the antioxidant enzyme, superoxide dismutase. They are additionally a good source of vitamin K, vitamin E, zinc, phosphorus, copper and magnesium. The nuts contain pinolenic acid which is identified in some research for its potential "LDL-lowering properties by enhancing hepatic LDL uptake. A one ounce 28g serving contains 3. One ounce of pine nuts contains calories.

Walnuts

The walnuts most commonly cultivated come from the English walnut tree species that also grow wild, along with black walnut, in many parts of the world where hot dry climates seasonally occur. Walnuts have high levels of antioxidant polyphenol compounds, like ellagic acid, noted for its chemoprotective immune boosting properties and capacity to directly hinder the DNA binding of certain carcinogens. Very high in manganese, they are also a source of lecithin, vitamin E, folate, vitamin B6, copper, magnesium and phosphorus. One ounce 28g of walnuts contains 4. One ounce of walnuts contains mg omega-6 fatty acids and mg of omega-3 fatty acids, which is close to the ideal 1: One ounce of walnuts contains calories.

Pecans

The pecan tree is native to Mexico and southern parts of the United States and is known to live and produce nuts for years or more given the ideal growing conditions in which to do so. They are the official state tree of Texas. Pecans contain significant amounts of manganese which is, as we mentioned, helpful for the production of superoxide dismutase as well as very important for the normal functioning of the brain and proper activity of the nervous system. Along with smaller quantities of copper and magnesium, the nuts are also relatively high in thiamine, additionally important for nerve-related conditions as well as cardiovascular health. The polyphenols in whole raw pecans were demonstrated in some current research to increase antioxidant activities as well as cause a reduction in serum lipid levels in rats fed high fat

diets. One ounce 28g of pecans contains 4. One ounce of pecans contains calories. In a published study investigating the effects of whole unsalted hazelnut intake on lipid profiles in diabetic individuals, results indicated "that incorporation of hazelnuts into diet can prevent reduction of HDL-C the good cholesterol concentrations in patients with type 2 diabetes. They are also a source of thiamine, B6, folate, copper and magnesium. One ounce 28g of hazelnuts contains 4. One ounce of hazelnuts contains calories. Cashews Growing on large evergreen trees native to Brazil, cashews are actually classified as a seed rather than a nut species which develop from the end of the cashew fruit. Cashew nuts are a delicious, sweet and creamy nut often used to make raw nut ice creams, raw cheesecake and other raw vegan desserts. This provides for their qualities as a thickening agent, but they can often be mucus-forming when over-consumed. Cashew nuts can be purchased in their raw state, but are less common as a "raw" nut type. Most cashews found in stores have been heat treated because the shell contains an allergenic phenolic resin and other toxic substances that are easier to remove after the shelled cashews have been roasted in oil or heat treated. One ounce 28g of cashews contains 5. High in omega-6 fatty acids with small amounts of omega One ounce of cashews contains calories. Macadamia Nut The macadamia nut tree is actually indigenous to Australia although many people consider it a Hawaiian delicacy. Containing the highest amount of fat content out of all the nuts and seeds, even pine nuts and walnuts, they are known for their rich fatty texture and sweet flavor. Macadamia has one of the hardest shells known in the nut kingdom and usually requires a special nut cracker to open them, which might explain their relatively high price tag compared to other varieties. Comprised mostly of the monounsaturated fats, oleic acid and omega-7 palmitoleic acid, the nuts have been shown in studies to influence a decrease in total LDL cholesterol and decrease risk of cardiovascular diseases. One ounce 28g of macadamia nuts contains 2. One ounce of macadamia nuts contains calories. Types of Seeds Sunflower Seeds Sunflower seeds are probably one of the most common seed varieties known and consumed around the world. Obtained from the sunflower plant flower, the seeds grow in abundance and are easy to harvest, which explains their less expensive cost per pound compared to other seeds. The top two sunflower seed producing countries, as of , are Russia and China. The seeds are a low-acid type seed and often used in small quantities for those adhering to a dietary protocol for treating candida overgrowth.

Chapter 9 : www.nxgvision.com:Customer reviews: The Goodness of Nuts and Seeds

By Dr. Mercola. If you ever find yourself hungry and at a loss for a healthy snack a handful of raw nuts or seeds is virtually always a good choice. They're easy to travel with (stash a small bag in your purse or desk drawer at work) and they keep well at home in your fridge (nuts and seeds go rancid easily, so storing them in the refrigerator or freezer helps).

Many seeds also fall into this category such as sunflower and safflower. Some, like peanuts, fit more than one description both a legume and seed. Nuts and seeds were an important energy and nutrient source throughout history. Almonds and pistachio nuts are mentioned as far back as biblical times, and references to other nuts and seeds abound in the literature. Historians hypothesize that ancient societies about 10,000 years ago centered on the harvesting of nuts, which may then have fostered agriculture. Predictable growth nuts grow on trees, long storage life especially during winter, and generous nutrient profiles are all advantages of nuts to ancient cultures. Interestingly, ancient Romans gave sugared almonds as gifts at weddings, and this custom is still used today. Peanuts, which date back to about 9,500 B.C. Nuts and seeds are extremely nutrient-dense. They provide generous amounts of calories, fats, complex carbohydrates, protein, vitamins, minerals and fiber. Nuts and seeds are a reliable and delicious source of these essential nutrients. Plus, more than just a way to meet basic nutrient needs, nuts and seeds have been shown to protect against disease. Phytochemicals, bioactive compounds that help fight illness, in nuts and seeds include ellagic acid, flavonoids, phenolic compounds, luteolin, isoflavones and tocotrienols. Nuts also contain plant sterols, thought to help keep cholesterol levels in check and reduce cancer risk. A detailed chart comparing nutrient values of nuts can be viewed at nuthealth.com. A few nut nutrient notables: Brazil nuts are the highest food source of the essential mineral selenium. Cashews have more iron than other nuts. An ounce of pine nuts has more manganese than even the RDA. Sunflower seeds are the richest source of vitamin E. And pistachios are by far the best nut source of lutein, a phytochemical important for eye health. But even the U.S. In 2006, the FDA approved a health claim for nuts and heart disease, which is a big deal: Much to the chagrin of us vegans and vegetarians, the USDA continues to lump nuts and seeds in the same food group as meats, poultry and fish, reasoning that they are all good protein sources. In some ways, it is unfortunate that nuts and seeds appear to rank equally with animal flesh. Meat is known to damage health not to mention other problems with meat, and nuts and seeds are known to protect health. And their origins could not be more opposite. But in other ways, referring to nuts and seeds as an equally acceptable protein source might be a good thing. Since plant foods are often viewed as inferior to animal foods, grouping peanut butter and steak together grants the assumption that these foods are, at least to an extent, interchangeable. After all, ounce per ounce, the protein content of nuts is comparable to meat. For the best balance of fats in your diet, olive and canola oils are the best choices for cooking. This depends on the rest of your diet. The Vegetarian Food Guide recommends five servings of high-protein foods and two servings of fats, and nuts and seeds can fall into either group. A reasonable goal might be two total servings, adjusting the remaining servings of protein and fat. This is big news, as cardiovascular disease is the number-one killer in the United States. And while the majority of studies focus on nuts, it is likely that the relationship of seed consumption to health are similar, due to the similar nutrient profile and origin of each. Direct cross-cultural comparisons reveal that in countries where people eat a lot of nuts, the incidence of cardiovascular diseases is lower than in countries where people eat few nuts. Controlled studies show similar relationships; not only have nuts been shown to lower cholesterol levels, but to decrease risk of actual disease and death. In a study of more than 34,000 Seventh-Day Adventists, those who consumed nuts at least five times a week had half that rate of heart attack as those who rarely ate them, and those who ate nuts only once a week still had a 25 percent lower risk of heart disease than nut avoiders³. Another study of 34,000 women showed that those who ate nuts were 40 percent as likely to die from heart disease as those who never ate nuts⁴. While dozens of studies have compared nut consumption to cardiovascular health outcomes, it is difficult to draw conclusions because of the different study designs, different nuts studied and different populations involved. In 2006, researchers compiled data from 23 studies including studies on almond, peanut, pecan, walnut and

macadamia consumption and concluded that 1. Since this summary was published, at least two studies suggest similar benefits for pistachios 7, 8. Despite its reputation of a high-calorie and -fat snack, nuts and seeds may play an important role in weight loss and maintenance. Mostly, by curbing appetite. Nuts are thought to promote satiety, which can help reduce the consumption of other foods 9. Indeed, a recent review showed that frequent nut-eaters are no heavier than nut avoiders A study of 65 people on a weight reduction program in compared a diet rich in almonds with one rich in complex carbohydrates. The almond group lost weight and maintained the weight loss at greater rates Another study where participants were given 3 ounces of peanuts a day revealed that subjects tended to reduce intake from other sources during the day. They were satisfied, which led to balanced intake, promoting weight control and possibly weight loss Consuming nuts may play a role in diabetes prevention and glucose control. In a study conducted by the Harvard School of Public Health, it was suggested that nut consumption may lower the risk of Type 2 diabetes in women Another recent study indicates that eating almonds may help avoid spikes in blood glucose after ingesting foods that are known to raise blood sugar levels Nuts and seeds, in general, with their low glycemic index and excellent nutrient profile, are perfect as part of a diet designed to control existing diabetes. Studies specifically analyzing nut and seed consumption and cancer risk are rather scarce. However, we do know that certain components of nuts and seeds – namely fiber and certain phytochemicals and plant sterols – help reduce the risk of certain cancers. Trans fats found in processed foods and animal foods and saturated fats found in meats, poultry skin and full-fat dairy products are the worst offenders. Nuts and seeds provide varying amounts of primarily unsaturated fats 75 to 80 percent , and thus are important in achieving optimal fatty acid status which, in turn, is important for a diet designed to reduce cancer risk. Nuts and seeds in the vegetarian diet In general, vegetarians and vegans tend to eat more nuts and seeds than nonvegetarians. This is not a recent or local phenomenon; cultures worldwide have used nuts as staples in plant-based cuisines for generations. In India, for example, peanuts and peanut oil are prominent parts of the vegetarian diet, and have been for thousands of years. For most modern vegetarians, nuts and seeds are not perceived as an occasional or snack food but a food consumed consistently as part of meals Dry roasted beats oil-roasted, if these are your only choices at the grocery store. However, head to the health food store because unadulterated raw nuts and seeds are the best option. Heating and processing of nuts and seeds destroy some of the protective nutrients, but on the plus side, such processing does help to preserve nuts and seeds processed nuts can still spoil, however. So when buying raw nuts and seeds, seek a reliable and safe source, as poorly-handled raw nuts and seeds can be a source of bacterial contamination. If you buy flavored nuts, read labels because some nuts and seeds have added gelatin, used to ensure that spices stick And smoked or candied nuts can contain added fats, sugars, salt, MSG and other additives. Again, read labels and rely primarily on raw nuts and seeds. Save treats like dark-chocolate covered almonds and sesame seed candy for special occasions. Food allergy concerns Of course, not everyone can tolerate nuts and seeds. Nut allergies are very common, and seed allergies are also becoming more prevalent, with sesame topping the list. Rates for both nut and seed allergies are rising, especially in children and young adults. Most folks who are allergic to one or more nut or seed can safely tolerate others. For vegans who need to limit nut and seed consumption, beans and lentils are the best stand-in, with healthy amounts of leafy greens, canola oil and soy products for the missing omega 3s. Fortunately, flax seed allergy is relatively rare, and generally safe for those allergic to other nuts and seeds. Incorporating nuts and seeds into a healthy plant-based diet Who says the only way to enjoy nuts and seeds is by the handful? There are myriad creative ways to add nuts and seeds to your meals and snacks. Toasting nuts and seeds gives them a yummy, intense flavor. The easiest way to toast nuts is in a toaster oven, if you have one, or in an oven. Shake them around frequently or they might burn, as they tend to do quickly. Keep unshelled raw nuts for six months to a year in a cool, dry place. Store shelled nuts for three to four months at room temperature in an airtight container, or up to six months in the refrigerator, or a year in the freezer. Whole flax seeds can be kept at room temperature in an airtight container for one year, and ground flax seeds can be kept in an airtight, dark container in the refrigerator for 30 days, longer in the freezer. When shopping for nuts, look for clean shells with no cracks except pistachios, which are semi-open. Speaking of pistachios, have you noticed how scarce the red and green ones have become? Another neat nut factoid: Sesame, sunflower, pumpkin and flax seeds, as

well as almonds and peanuts and perhaps many other nuts and seeds, can be sprouted. Sprouted nuts and seeds are nutrient-rich, and sprout enthusiasts claim that the nutrients from sprouts are better absorbed than those from the native nut or seed. Certainly, the nutrient profiles of sprouts are impressive! You can do it yourself or buy sprouts at the store. Books and Web sites on the topic abound. Seek a reliable, well-known source of your nuts and seeds. Choose a market that has a high grocery turnover and, if you buy in bulk, be sure that food safety guidelines such as proper use of gloves, dedicated bins and cleanliness are followed. Visit an online store that ranks high in search engine rankings and that has good customer feedback and a fair return policy. Sometimes you can buy directly from the grower! They also have an interesting history. It is believed that flax and flax seeds were first cultivated in Babylon in B.