

Natural Health Tips

Nuts - And The Winner Is...

Nuts and seeds are very healthy and nutritious, providing high amounts of the “good” fats (mono- and polyunsaturated fatty acids), important minerals, vitamins, protein and fiber.

It takes just eight nuts a day to keep your arteries more flexible and your heart healthier. The Nutritional Tip of August 2008 offered some information about a medical research on this topic.

When we ask ourselves which nut or seed is better, there is no simple answer. Actually, they are all “winners”, each for a different nutrient. Almonds are the best calcium (70 mg/ oz) and potassium (200 mg/ oz) providers in the kingdom of nuts, being also a good source of protein. Brazil nuts provide more than 500 micrograms of selenium in one serving (1 oz). Pine nuts are the highest in magnesium, while pumpkin seeds are the best in providing zinc and chestnuts have the highest amounts of potassium.

Mix and enjoy a cocktail of minerals and good fats by eating a couple of each every day, or rotating them over the week.

Most nuts and seeds provide an average of 200 calories per ounce, so limit your daily intake to one to two ounces.

Two important notes before concluding:

One – To enjoy the true benefits of these nutritional wonders, nuts are to be consumed raw, unsalted and thoroughly chewed.

Two – I do not consider peanuts in the group of healthy nuts. The reasons for that are multiple, but the easiest to remember is that pea”nuts” are actually not nuts! They are legumes, have a different nutrient profile, are heavily sprayed with pesticides, can not be consumed raw and are among the most common allergens.

Here you can find more nutritional information on nuts and seeds:

<http://www.healthalternatives2000.com/nut-seed-nutrition-chart.html>

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