

Healthy Measures: Going Nuts!

Almonds, pecans, hazelnuts, walnuts, Brazil nuts, chestnuts... there are many nuts to choose from and they are all rich in heart-protecting fats, protein, vitamins and minerals. So grab a handful of nuts as a nutritious snack, or add them to soups, salads, cereal or low fat yogurt. Read on to learn more about why you should go nuts!

Health benefits of nuts:

- The fat found in nuts is mainly unsaturated which may help to reduce the risk of developing heart disease
- Nuts are good sources of essential vitamins and minerals such as B-vitamins, vitamin E, calcium, magnesium, potassium, iron, zinc and copper
- Nuts have fibre, which keeps your bowels healthy and will also help make you feel full
- They are a good source of protein which fills you up and keeps your muscles strong
- Walnuts and Brazil nuts are rich in alpha-linolenic acid (ALA), a type of omega-3 fatty acid. Omega-3 fats have anti-inflammatory properties and provide protection of heart disease by helping to reduce blood pressure and plaque buildup.
- Many nuts, including almonds and hazelnuts, contain antioxidants (e.g., selenium, vitamin E) which help defend against damaging free radicals which may help protect against some diseases like cancer and heart disease
- Nuts are part of the meat and alternatives food group of [Canada's Food Guide](#), so they fit perfectly into any healthy eating plan
- Choose nuts that are raw or dry roasted (without oil) and free of added salt and sugar to make sure that you are picking the most healthy option

One serving of nuts is about a ¼ cup or 60 mL or 2 tablespoons of nut butters or spreads. Nuts and seeds are healthy choices, but be careful not to over do it. They are high in fat so the calories can add up quickly!

For more information:

[EatRight Ontario – Choose more nuts and seeds](#)

[Mayo Clinic – Nuts and your heart](#)

If you have questions on nutrition or healthy eating, call *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!