## Health Minute

## Nuts about nuts...

Small, tasty, and packed with nutrition; nuts are a great way to keep your heart healthy. Nuts used to be off limits because of their fat content but research has shown that nuts contain *unsaturated fats*, a good fat that has heart protective qualities. Eating one to two ounces (about a handful) of nuts daily has been linked with lower cholesterol levels. In addition, nuts contain magnesium, potassium, vitamin E, and folic acid. Even peanuts (which aren't really nuts) have cholesterol-lowering potential.

The healthiest nuts	Nut precautions
Walnuts (also contain omega-3 fats)	Be considerate if you know someone who is allergic to nuts
Almonds	Peanut butter has added saturated fat
Hazelnuts	to prevent separation – it is not heart-healthy (natural PB is okay) Eat nuts sparingly if you have ever
Peanuts	had diverticulosis or diverticulitis One to two ounces (one handful) is a
Pecans	serving size. Don't overdo it.

Please insert pictures of nuts