

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.

Please insert pictures of nuts

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