

Introduction

Avoid salted and honey-roasted peanuts and candied walnuts. Doctors recommend eating a handful of nuts every day. Almonds and walnuts are a good choice. They are an excellent source of omega-3s, fiber, vitamin E, folate and magnesium.

Sources: <http://calorielab.com/foods/nuts/18>

<https://www.fatsecret.com/>

Nuts Per Ounce

Nut	Count	Calories
Almonds	22	170
Brazilian	6-8	185
Cashews (medium)	18	160
Filberts	12	
Hazelnuts	12	175
Macadamias	10-12	200
Peanuts	18	165
Pecan halves	20	200
Pine Nuts	166	
Pistachios (shelled)	47	160
Walnut halves	14	185

Assorted Nuts



Benefits of Nuts

1. Nuts Are a Great Source of Many Nutrients
2. Nuts Are Loaded With Antioxidants
3. Nuts Can Help You Lose Weight
4. Nuts Can Lower Cholesterol and Triglycerides
5. Nuts Are Beneficial for Type 2 Diabetes and Metabolic Syndrome
6. Nuts Can Help Reduce Inflammation
7. Nuts Are High in Fiber
8. Nuts Can Reduce Your Risk of Heart Attack and Stroke

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By [deleted]

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