



Nutrition Education



Nuts are full of nutrients and healthy fats that can prevent disease and add crunch to your meals.

Here are a few benefits of some popular nuts:

Fitting nuts into your day

Nuts are fantastic on their own as a snack but you can add them to salads, pasta, oatmeal and rice dishes.

You'll significantly increase your intake of vitamins, minerals and healthy fats when you included nuts. Nuts also add delicious flavor, crunch and texture to any meal.

If you prefer smoothies, you can throw in a tablespoon or two of your favorite nut butter in before blending



Almonds: Whole almonds are a perfect snack and good source of vitamin E, calcium and magnesium. The skins are packed with nutrients and consuming them regularly can reduce LDL cholesterol levels.



Peanuts: Technically, they are part of the legume family, but we treat them as a nut. Along with plenty of vitamins and minerals, peanuts are the highest in protein of all nuts.



Walnuts: These nuts contain omega-3s, which have been shown to be beneficial for heart health and they're full of antioxidants.



Pistachios: A flavorful nut packed with even more fiber than other nuts 8 grams/ounce.

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