

NUTS AND SEEDS

1-2 SERVINGS PER DAY (1 serving = 1 ounce)



Nuts and seeds are a *GREAT* food. Tasty, convenient, and can be enjoyed on any type of diet. Nuts and seeds are naturally high in healthy fats and protein.

Nuts are packed with nutrients and loaded with antioxidants. This delicious food may help you lose weight, lower cholesterol, aid in diabetes, reduce inflammation, reduce the risk of heart attacks and provide you with cancer fighting fiber.

A 2017 study of eating habits in America estimated that 45% of over 300,000 deaths from heart disease, stroke and type 2 diabetes was from eating too much or too little of 10 nutrients.

The nutrients in that list revealed we eat too little: fruits, vegetables, *nuts and seeds*, whole grains, polyunsaturated fats, and seafood. The nutrients we eat too much of include: unprocessed red meats, processed meats, sugar-sweetened beverages, and sodium.

Findings from the PREDIMED trial showed that a serving per day of nuts along with the Mediterranean diet protects against heart disease in people with type 2 diabetes or metabolic syndrome. The PREDIMED data also suggested that frequent total nuts and walnuts consumption protected people from cancer.

Low nut consumption, fewer than *five* 1.5-ounce servings per week, was associated with 8% of deaths, the same number of deaths as eating too much processed meat. So, nuts and seeds are healthy and can be a great snack. Here are some nut and seed choices.

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ALL SERVINGS ARE ONE OUNCE. Aim for 1-2 servings per day.

- Almonds (30): 164 calories. Vitamin E, folic acid, calcium, and magnesium
- Beechnut 163 calories.
- Brazil Nuts (10): 187 calories. Large amounts of selenium.
- Butternut: 173 calories.
- **Cashew Nuts (15):** 157 calories. Excellent source of copper and magnesium.
- Chia seeds: 138 calories. Fiber, manganese, and calcium.
- Coconut meat: 187 calories.
- Flaxseeds (ground): 150 calories. Fiber, manganese, thiamin, copper and selenium.
- Hazelnuts (20; Filberts): 178 calories. Monounsaturated fat and vit E, and copper.
- Hemp Seeds: 155 calories. Vitamin E, magnesium, and iron.
- Hickory nut: 186 calories.
- Macadamia Nuts (15): 204 calories. High levels of monounsaturated fat and magnesium.
- Peanuts (28; a legume): 161 calories. More protein than other nuts.
- **Pecans (15):** 196 calories. Monounsaturated, Vitamin E and minerals.
- Pine nuts: 190 calories.
- Pistachio Nuts (30): 159 calories. Lutein and zeaxanthine antioxidants.
- Pumpkin Seeds: 158 calories. Iron, manganese, magnesium.
- Sesame Seeds: 160 calories. Copper, manganese, calcium, and iron.
- Sunflower Seeds: 164 calories. Vitamin E, thiamin, manganese, copper and selenium.
- **Walnuts (10 whole):** 146 calories. Mainly polyunsaturated fats, unlike other nuts.

Average nutrition

Calories, 175; protein 4 grams; carbs 6.5 grams; fat 16 grams; fiber 2.4 grams

Roasting nuts (either dry or in oil) enhances the flavor and has little impact on their fat content. Nuts are physically dense and cannot absorb much oil.

As you see above, nuts and seeds can be high in calories. The good news is that studies show that when they are included as part of a weight loss diet, they further promote weight loss and fat loss in the abdominal region.

Include nuts and seeds as a snack or by adding to vegetable-based meals and cereals. You could also have a nut-butter on a piece of whole-grain bread.



NOTE: use a nut-butter where the only ingredient on the label is the nut. Skip those with excess salt and sugar, or partially-hydrogenated or hydrogenated oil.

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