

ALL YOU NEED TO KNOW ABOUT NUTS

Preview

Nuts grow on trees and have a wide diversity of the existing types: almond, brazil nut, cashew, hazelnut, macadamia nut, pecan, pine nut, pistachio nut, walnut. Sometimes peanuts are also called nuts, but actually they are bean seeds. Nevertheless peanuts are a lot like nuts by their nutrient profile, which is why they are often classified this way. In this article I'll reveal the most interesting facts related to nuts.

Nuts constitute a rich accumulation of beneficial nutrients. For a good reason there are numerous researches that have already demonstrated the positive impact caused by reasonable amounts of nuts consumption on health and lifespan.

Nuts contain high levels of unsaturated fatty acids and only modest content of saturated fatty acids (except for pili nut, brazil nut and macadamia nut). Walnuts are rich on omega-3 fatty acids in the form of alpha-linolenic acid. Also nuts are high vegetable protein (up to 26 gram of protein per 100 gram of the whole product) and carbohydrates source (15-30 grams per 100 grams of the whole product).

Nuts contain some of B-group vitamins, as well as vitamin K in some of them and vitamin E in the others. Nuts mineral profile includes non-heme iron, magnesium, potassium, zinc, selenium, calcium, copper, phosphorous, manganese. By the way, there is almost complete absence of sodium in unsalted nuts which will definitely give some boost to your health.

In addition to all of the above, nuts are a valuable source of fiber and various phytochemicals, such as, for example, plant sterols that affect positively your health in general, and the levels of «bad» cholesterol in your blood in particular, lowering them.

Different kinds of nuts are rich on specific nutrients

Let's take a brief look at different kinds of nuts and find out which of them are the best in specific macro- and micronutrients content:

- Almond – protein, fiber, calcium, magnesium, potassium, vitamin E;
- Cashew – protein, iron, magnesium, zinc, vitamin K;
- Pine nut – zinc, iron, magnesium, vitamin E, vitamin K;
- Hazelnut – fiber, calcium, potassium, vitamin E;
- Peanut – protein, calcium, potassium;
- Walnut – omega-3 fatty acids, calcium;
- Brazil nut – calcium, magnesium, zinc;
- Pistachio nut – protein, fiber, calcium, potassium;
- Macadamia nut – iron;
- Pecan – fiber.

Remember that one serving of nuts is approximately 30 grams.

Nuts offer an easy way to increase calories in your daily ration