



## HEALTH BENEFITS OF NUTS AND SEEDS

### Types of Nuts



**Almonds** Almonds are high in manganese, vitamin E, tryptophan, magnesium, Vitamin B-2, phosphorous, and protein. Research shows almonds may reduce cholesterol levels, protect against diabetes and cardiovascular disease, promote feelings of fullness.

**Brazil Nuts** although brazil nuts contain the highest amount of saturated fats compared to all other nuts, they still are an excellent source of monosaturated and polyunsaturated fats. They are very high in selenium which is essential to immune and thyroid functioning. Brazil nuts also provide manganese, zinc, vitamin E, magnesium, potassium, and riboflavin.

**Cashews** Cashews are filled with proanthocyanidins, a class of flavanols that actually starve tumors and stop cancer cells from dividing. Studies have also shown that cashews can reduce your colon cancer risk. Copper is another nutrient cashew nuts are filled with. Copper helps to eliminate free radicals in the body which increase risk of heart disease and cancer. In addition, copper supports skin health, helps the body use iron and produce melanin, and also maintains healthy collagen within the hair and skin.

**Chestnuts** Great source of dietary fiber providing 8 grams per serving, are high in vitamin C, B complex vitamins, folates, monounsaturated fats which support heart health, and many minerals including iron, calcium, magnesium, manganese, and phosphorous.

**Hazelnuts** Research shows hazelnuts may prevent the formation of cataracts, are heart healthy, rich in protein and fiber, and are an excellent source of folate, vitamin E, magnesium, calcium, and potassium. One serving of hazelnuts provides a third of your daily iron needs.

**Macadamia Nuts** These nuts are a great source of protein, calcium, zinc, magnesium, B complex vitamins, potassium, fiber and the amino acid arginine. The macadamia nut contains the highest level of monounsaturated fatty acids of any natural, commercial food. Monounsaturated fats are where Omega-3 fatty acids come from which are highly beneficial to brain, heart, and skin health and also for fighting inflammation.

**Peanuts** Contains 7 grams of protein per serving, folates, iron, monounsaturated fat, polyunsaturated fat, resveratrol, vitamin E, potassium, phosphorous, and B complex vitamins. All of these nutrients support heart health, brain health, memory, and aid in cancer prevention.

**Pine Nut** Pine nuts share similar nutritional profiles to other nuts. However, they do have one side effect that is rare. The taste of pine can stay in your mouth for up to a week. Other than the inconvenience of having a pine taste in your mouth, there are no serious side effects and symptoms will reside within a week.

**Pistachios** are an excellent source of vitamin B 6, copper, manganese, potassium, phosphorus, and magnesium. They are antioxidant powerhouses and have one of the highest antioxidant capacities in comparison with all other foods. In addition, they provide three grams of fiber per serving.

**Walnut** the walnut's nutrition is found mostly in its skin so it is advise to keep the skin on when enjoying this crunchy snack despite its slight bitterness. Walnuts are filled with vitamin E, antioxidants, magnesium, calcium, phosphorous, and copper.

*Nutritional Comparison of Nuts and Peanuts  
1 Ounce*

Nutrient	Units	Hazelnuts	Almonds	Brazils	Cashews	Macadamias	Peanuts	Pecans	Pine nuts	Pistachios	Walnuts
	# of kernels/oz	21	23	6-8	18	10-12		20 halves	167	49	14 halves
Calories	kcal	178	163	186	163	204	161	196	191	162	185
Protein	g*	4.24	6.02	4.06	4.34	2.21	7.31	2.6	3.88	6.05	4.32
Total Fat	g	17.22	14.01	18.83	13.14	21.57	13.96	20.4	19.38	13.03	18.49
Saturated Fat	g	<b>1.266</b>	<b>1.058</b>	4.291	2.596	3.387	1.937	1.752	1.389	1.575	1.737
Monounsaturated Fat	g	<b>12.942</b>	8.757	6.959	7.744	<b>16.804</b>	6.926	11.567	5.32	6.865	2.533
Polyunsaturated Fat	g	2.245	3.463	5.824	2.222	0.425	4.411	6.128	9.659	3.94	13.374
Cholesterol	mg**	0	0	0	0	0	0	0	0	0	0
Carbohydrate	g	4.73	5.6	3.48	9.27	3.79	4.57	3.93	3.71	7.84	3.89
Fiber	g	<b>2.7</b>	<b>3.422</b>	2.1	0.9	2.3	2.4	<b>2.7</b>	1	<b>2.9</b>	1.9
Calcium	mg	<b>32</b>	75	<b>45</b>	13	20	26	20	5	31	28
Iron	mg	<b>1.33</b>	1.05	0.69	<b>1.7</b>	0.75	1.3	0.72	1.57	1.19	0.82
Magnesium	mg	46	76	107	74	33	48	34	71	34	45
Phosphorus	mg	82	137	206	139	56	107	79	163	137	98
Potassium	mg	193	200	187	160	103	200	116	169	295	125
Zinc	mg	0.69	0.87	1.15	1.59	0.37	0.93	1.28	1.83	0.65	<b>0.88</b>
Copper	mg	0.489	0.282	0.494	0.629	0.162	0.324	0.34	0.375	0.376	0.45
Manganese	mg	1.751	0.648	0.347	0.234	0.861	0.548	1.276	2.495	0.361	0.968
Thiamin	mg	0.182	0.06	0.175	0.057	0.201	0.181	0.187	0.103	0.238	0.097
Riboflavin	mg	0.032	0.287	0.01	0.057	0.025	0.038	0.037	0.064	0.045	0.043
Niacin	mg	0.510	0.96	0.084	0.397	0.645	3.421	0.331	1.244	0.404	0.319
Pantothenic acid	mg	0.26	0.133	0.052	0.345	0.171	0.501	0.254	0.089	0.145	0.162
Vitamin B6	mg	<b>0.16</b>	0.041	0.029	0.073	0.102	0.099	0.06	0.027	<b>0.361</b>	<b>0.152</b>
Folate	mcg	<b>32</b>	14	6	20	3	68	6	10	14	28
Arginine	g	<b>0.627</b>	0.693	0.609	0.494	0.391	<b>0.875</b>	0.334	<b>0.684</b>	0.598	<b>0.646</b>
Vitamin K	mcg	4	0	0	9.8	0	0	1	15.3	3.7	0.8
Vitamin E	mg	<b>4.26</b>	<b>7.43</b>	1.62	0.26	0.16	<b>2.36</b>	0.4	2.65	0.55	0.2
Total Phytosterols	mg	27	31	n/a	45	32	62	29	40	61	20

Source: USDA National Nutrient Database for Standard Reference, Release 20, 2007.

\*g = gram; \*\*mg = milligram;

<sup>1</sup>All of the nuts are unsalted; almonds, Brazil nuts, hazelnuts, peanuts, pecans, pine nuts and walnuts are unroasted; cashews, macadamias and pistachios are dry roasted.

Source: [www.USDA.gov](http://www.USDA.gov)

Nut Variety	Cal	Prot (g)	Carb (g)	Fiber (g)	Total Fat (g) SF / MUF / PUF	Score
Almonds	170	6	5	3	15g 1 / 10 / 4	★★★★★
Brazil Nuts	190	4	3	2	19g 4 / 7 / 6	★
Cashews	160	4	9	1	13g 3 / 8 / 2	★
Hazelnuts	180	4	5	3	18g 1 / 13 / 2	★★★★
Macadamias	200	2	4	2	22g 3 / 17 / 0	★
Peanuts	170	7	6	2	14g 2 / 7 / 4	★★
Pecans	200	3	4	3	21g 2 / 12 / 6	★★
Pine Nuts	190	4	4	1	19g 1 / 5 / 10	★★
Pistachios	160	6	8	3	13g 2 / 7 / 4	★★★★
Walnuts	190	4	4	2	18g 2 / 3 / 13	★★★★★

## Types of Seeds

### *5 most beneficial:*

**Hemp Seed** are an excellent source of highly digestible plant protein. In addition hemp seeds contain 80 percent omega fatty acids, vitamin E and it is the lowest in saturated fat of all seeds. **Hemp seeds also contain ten amino acids and consist of thirty percent protein.**

**Sunflower Seed** are high in fiber and promote healthy digestion through an increased fiber intake. They are high in vitamin E, selenium, and copper which are important in preventing heart disease and cancers.

**Sesame Seed** are very high in calcium, magnesium, fiber, zinc, iron, B1, and phosphorus. They contain important cholesterol-fighting fibers known as lignans. The seeds can lower blood pressure, protect against liver damage, and may help prevent asthma, migraine headaches, menopause symptoms, PMS symptoms and osteoporosis.

**Pumpkin Seed** are high in the antioxidant form known as carotenoids which enhanced immune activity and disease fighting functions. They are also high in omega-3 fatty acids and zinc which fight inflammation, arthritis, and osteoporosis. They are also high in phytosterols which help stabilize cholesterol levels and prevent cancer formation.

**Chia Seed** are from the mint family. They are very nutrient pack considering their very small size. They can help to stabilize blood sugar, lower risk for cardiovascular disease, and increase weight loss. They are made up of 34 percent omega- 3 oils!

