

IN FOCUS: Nuts about Nutrition

Health Benefits of Nuts and Seeds



CAUTION: Application of this information is NOT ADVISED for people with nut-based allergies.

Whole raw, unpeeled, unsalted and otherwise unprocessed nuts and seeds may be considered as natural health capsules, where the whole is always better than the parts.

Ways to increase nuts and seeds in your diet

- Sprinkle on top of hot or cold cereal
- Sprinkle on top of muesli, yogurt or use in smoothies
- Add to salads and stir-fries
- Use nuts to replace croutons in salads or soups
- Sprinkle pine nuts on pasta
- Add slivered almonds to chicken salad
- Add nuts to quick breads such as pancakes, waffles or muffins
- Add a handful of nuts or seeds to steamed veggies
- Add to sweet/savoury dishes
- Enjoy as a snack (see trail mix recipes below)

Nuts (tree nuts and peanuts) are nutrient dense foods rich in:

- Unsaturated fatty acids
- High-quality vegetable protein (approximately 25%)
- Dietary fibre (3–11 %)
- Vitamins (e.g. folic acid, niacin and B vitamins)
- Minerals (e.g. calcium, magnesium and potassium)
- Tocopherols (antioxidant vitamins)
- Phytosterols
- Phenolic compounds
- ...and low in sodium

Consumption of nuts has been shown to have a beneficial effect on:

Coronary heart disease	Gallstones	Hypertension
Cancer	Inflammation	Cholesterol levels
Oxidative stress	Vascular reactivity	Blood pressure
Visceral adiposity	Metabolic syndrome	

The most popular edible nuts are:

- Almonds (*Prunus amigdal*)
- Hazelnuts (*Corylus avellana*)
- Walnuts (*Juglans regia*), pistachios (*Pistachia vera*)
- Pine nuts (*Pinus pinea*)
- Cashews (*Anacardium occidentale*)
- Pecans (*Carya illinoensis*)
- Macadamias (*Macadamia integrifolia*), Brazil nuts (*Bertholletia excelsa*)
- Peanuts (*Arachis hypogea*) (botanically groundnuts or legumes)

NUT / SEED	Cal	Tot. Carb	Fibre	Net Carb	Sat. Fat	Mono Fat	ω-3 Fat	ω-6 Fat
Almonds	161	6.1	3.4	2.7	1	8.6	0.2	3.4
Brazil nuts	184	3.4	2.1	1.3	4.2	6.9	0.05	5.8
Cashews	155	9.2	0.9	8.1	2.2	6.7	0.2	2.2
Chestnuts	60	12.8	2.3	10.5	0.1	0.2	0.03	0.22
Chia seeds	137	12.3	10.6	1.7	0.9	0.6	4.9	1.6
Flax seeds	150	8.1	7.6	.5	1	2.1	6.3	1.7
Hazelnuts	176	4.7	2.7	2	1.3	12.8	0.24	2.2
Madadamia nuts	201	4	2.4	1.6	3.4	16.5	0.06	.36
Peanuts	159	4.5	2.4	2.1	1.9	6.8	0	4.4
Pecans	193	3.9	2.7	1.2	1.7	11.4	0.28	5.8
Pine nuts	188	3.7	1	2.7	1.4	5.3	0.31	9.4
Pistachios	156	7.8	2.9	5.8	1.5	6.5	0.71	3.7
Pumpkin seeds	151	5	1.1	3.9	2.4	4	0.51	5.8
Sesame seeds	160	6.6	3.3	3.3	1.9	5.3	0.11	6
Sunflower seeds	164	5.6	2.4	3.2	1.2	5.2	0.21	6.5
Walnuts	183	3.8	1.9	1.9	1.7	2.5	2.5	10.7

<i>Cashews</i> 	<i>Pistachios</i> 	<i>Walnuts</i> 	<i>Peanuts</i> 
<i>Chestnuts</i> 	<i>Pumpkin seed</i> 	<i>Pine nuts/Pignolias</i> 	<i>Pecans</i> 
<i>Hazelnuts</i> 	<i>Sesame seeds</i> 	<i>Sunflower seed</i> 	<i>Macadamias</i> 
<i>Brazil nuts</i> 	<i>Almonds</i> 	<i>Flax seed</i> 	<i>Chia seeds</i> 

Home-made trail mix ‘Bankies’

for snacks, cereal, smoothies, yoghurt and salads

Seedless raisons	Giant peanuts	Giant peanuts,	Raw almonds
Peanuts	Raisons	Raisons	Cranberries
Cranberries	Dried pineapple	Dried apple	Pomegranate seeds
Sunflower seeds	Dried papaya	Sultanas	Giant peanuts
Pumpkin seeds	Goji berries	Sunflower seeds	Sunflower seeds
Goji berries	Raw almonds	Raw cashew nuts	Pumpkin seeds
Dried mango		Cranberries	

References

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engaging people