

Naked Nutrition Bites

Strategies and Foods To Help You Live a Leaner, Longer, & Healthier Life

Power Food: Walnuts



New Beginnings PT
Personal Training/Classes

New Beginnings Personal
Training
Haworth, NJ

201-450-3558

Website:
<http://NewBeginningsPT.com>



Dr. Mike Roussell PhD, is a nutritional consultant and author known for transforming complex nutritional concepts into practical nutritional habits that his clients can use to ensure permanent weight loss and long lasting health.

**Enjoy This One Food That
Will Protect Your Heart,
Fight Cancer, and Sharpen
Your Mind**

For several decades nuts were withheld from a healthy diet due to their higher fat content. However, we now know that nuts are an extremely important part of a heart healthy diet and walnuts could be the best nut for you.

Ancient Power Food

People have been eating walnuts for thousands of years, with reports of walnut trees being grown dating as far back as the Roman empire in 7,000 B.C. In ancient Persia, walnuts were a food for royalty. Their popularity caused them to be traded and bartered all across the world by English merchants, earning them the name *English Walnuts* despite never being grown in England. Today walnuts are grown all over but California is responsible for 99% of the walnuts used in the United States.

Let's look at some of the health benefits of walnuts and how you can start including them in your diet.

A Nutrient Package Hard to Beat

Walnuts are a very versatile health food with several unique health boosting components. Like most nuts, walnuts are high in *good fats*.

One serving of walnuts contains 13 grams of polyunsaturated fats (including the coveted omega-3 fats), the type of fat that decades of scientific research shows will reduce your risk of heart disease and diabetes.

You may not realize that walnuts also contain extremely high levels of antioxidants. Researchers from the University of Oslo in Norway found that walnuts contained more antioxidants than 1111 other foods tested, second only to blackberries. Antioxidants play an important role in our bodies, by fighting molecules in our bodies called free radicals, which if left to their own devices can accelerate signs of aging and cardiovascular disease.

One serving of walnuts, just less than 1/4 cup, contains 2 grams of fiber and is a good source of two important minerals magnesium and phosphorous.

Copyright 2011 & Beyond Michael A. Roussell

**“...eating
walnuts daily
was able to
reverse age-
related cognitive
decline.”**

Walnuts and Your Heart

In 2003, a study was published in the American Journal of Clinical Nutrition which reviewed all the available research on walnuts and their impact on cardiovascular disease. The researcher found that in all studies reviewed, eating walnuts consistently reduces risk of heart disease. Many scientists believe that eating just 1.5 oz of walnuts each day can produce this reduced risk of cardiovascular disease.

Walnuts and Cancer

An incredible study using animals to investigate the effects of eating walnuts on breast cancer showed that daily walnut consumption slowed the growth of breast cancer tumors by half.

Walnuts and Your Mind

More animal research published in the British Journal of Nutrition showed that eating walnuts daily was able to reverse age-related cognitive decline.

The ability of walnuts to impact so many different diseases and aspects of your health is most likely due to the

their broad nutrient package which allows walnuts to fight inflammation.

Walnuts in Your Diet

So how can you go about adding walnuts to your diet?

Walnuts can be added, along with blueberries, to Greek yogurt for a nutritious and fast breakfast. They also are the perfect addition to a smoothie since they have a neutral flavor and won't settle to the bottom of your blender like almonds.

At lunchtime, you can replace the nutritionally void croutons on your salad with walnuts. You will still have the added crunch that croutons bring but you'll also be getting over 2 grams of the heart protecting omega-3 fat, alpha linolenic acid and no refined carbohydrates. Walnuts have 5 times more alpha linolenic acid than pecans, and most nuts don't have any.

Ground up walnuts go great on top of salmon or mixed into your favorite chili. You can even just have a small handful of walnuts as a mid-afternoon snack instead of reaching for chips or pretzels.