

DECEMBER: NUTS

Tree nuts, such as almonds, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, and walnuts, may help reduce the risk for chronic diseases such as heart disease, diabetes and some forms of cancer. In addition to their great taste, all **nuts** are cholesterol-free and full of important nutrients, including protein, fiber, and phytochemicals. They are also a great source of vitamins, including folic acid, and minerals. The majority of the fat in tree **nuts** is unsaturated or "good" fat (i.e., mono and polyunsaturated fats). The key to including **nuts** in your diet without adding extra fat and calories is *portion control*. As little as one handful—or one ounce—of **nuts** per day can provide nutritional benefits. More than that, you may find yourself consuming too many calories!

CHECK OUT SOME VARIETIES OF HEALTHY NUTS DESCRIBED BELOW!



Almonds are the most nutritionally-dense nuts. A one ounce, 160-calorie serving of almonds is an excellent source of vitamin E, magnesium, and fiber.



Walnuts are high in omega-3 fatty acids that are great for our bodies! They have lots of healthy fiber as well, and taste great slightly toasted.



Cashews are a very good source of monounsaturated fats, copper, magnesium, and phosphorous. They are fairly high-calorie, so be sure to practice portion control!



Hazelnuts are an excellent source of vitamin E, protein, and fiber. Hazelnuts also have the highest concentration of folate among tree nuts. They taste great as a "butter" as well!



Macadamia nuts are full of important nutrients like monounsaturated fats, proteins, dietary fiber, vitamins, and minerals. Popular in Hawaii, grab some and enjoy their unique flavor!



Peanuts are not really a nut but a goober and a member of the pea family! When you buy peanut butter, be sure to go for the healthiest, *all-natural, no sugar added* kind (yes, you have to stir it the first time, then store it in the fridge to keep it from separating again!).