

Mad about Nuts

Nuts have a bad reputation for being high in calories and fat. This is partly true – but there are plenty of benefits:

- Low levels of saturated fat
- High levels of mono-unsaturated and polyunsaturated fats – beneficial in the prevention of cardiovascular disease and lowering levels of bad cholesterol
- No cholesterol
- Contain phytoestrogens, phenols and flavonoids – have an antioxidant effect and help support the immune system.
- Good source of protein and fibre
- Vitamins: E, B6, niacin and folic acid
- Minerals: magnesium, zinc, iron, calcium, copper, selenium and potassium.

Always choose plain, un-salted varieties.

Because they are high in fat and calories you need to watch your intake – a small handful of cashews, almonds or pistachios is about 180 calories and 15g fat. Add to muesli, a mixed salad or have a handful as a snack.

Chestnuts are the lowest in total fat; followed by pistachios, peanuts, cashews and almonds. Saturated fat is highest in brazils, cashews, chestnuts and peanuts.

Almonds are the richest in calcium and vitamin E.

A single brazil nut meets your daily requirement for the antioxidant mineral selenium.