

# 7 REASONS TO EAT NUTS



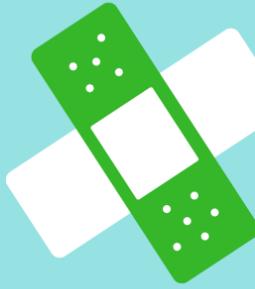
Mom always said eat your vegetables. What she should have said was eat your nuts.

**FACT:** Nut eaters live longer and suffer from few chronic diseases.

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## LIVE LONGER

Two long-term Harvard University Studies on diet, the Nurses' Health Study and the Physician's Health Study, both found that nurses and doctors who ate a handful of nuts a day lived longer, suffered from fewer chronic diseases, and led happier lives overall than their non-nutty peers.



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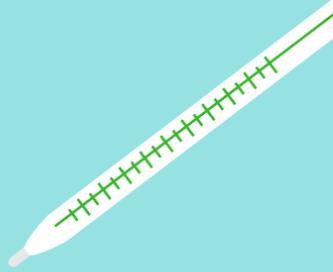
## LOWER BLOOD SUGAR

Nuts are low in carbs, high in healthy fats and loaded with fiber. Eating them creates a satisfying feeling of fullness. One study at Louisiana State University found that regular nut eaters significantly reduced their risk of Type 2 diabetes.

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## DECREASE CANCER RISK

A 2017 longitudinal study of stage 3 colon cancer survivors followed 826 patients. Those that ate 2 ounces or more of nuts a week lowered their cancer re-occurrence risk by a whopping 42%. Strong medicine indeed.



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## IMPROVE HEART HEALTH

Nuts help lower bad cholesterol (LDL), reduce arterial inflammation, and strengthen arterial walls. The American College of Cardiology specifically includes nuts as part of a dietary pattern that is associated with reduced risk of stroke and atherosclerosis as we age.



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## LOSE WEIGHT

About 80% of a nut is fat so many people avoid nuts when dieting. Big mistake. Nuts are calorie dense, but packed with super healthy fat and fiber that slow digestion. They actually aid in weight loss.



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## IMPROVE DIGESTION

Your digestive system is the heart of your immune system. Give it lots of fiber and omega-rich nuts, like walnuts, and watch your digestion improve. Almonds may also help act as a natural antibiotic in the digestive tract.



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## LOWER BLOOD PRESSURE

University of Pennsylvania researcher Dr. Kris-Etherton says "eating nuts lowers LDL ("bad" cholesterol), raises HDL ("good" cholesterol) and also lowers blood pressure and blood pressure responses to stress." So chill out, kick back and crunch nuts.



## NUT RX

How many nuts do you need weekly to reap health benefits? The American Heart Association recommends 4 servings of unsalted nuts weekly. A serving is about 1.5 ounces of nuts (a small handful) or 2 tablespoons of nut butter. Peanuts are really legumes. Stick with tree nuts, like walnuts, almonds, cashews, macadamias and Brazils for maximum impact.