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# Nuts + Nuts = Better Health

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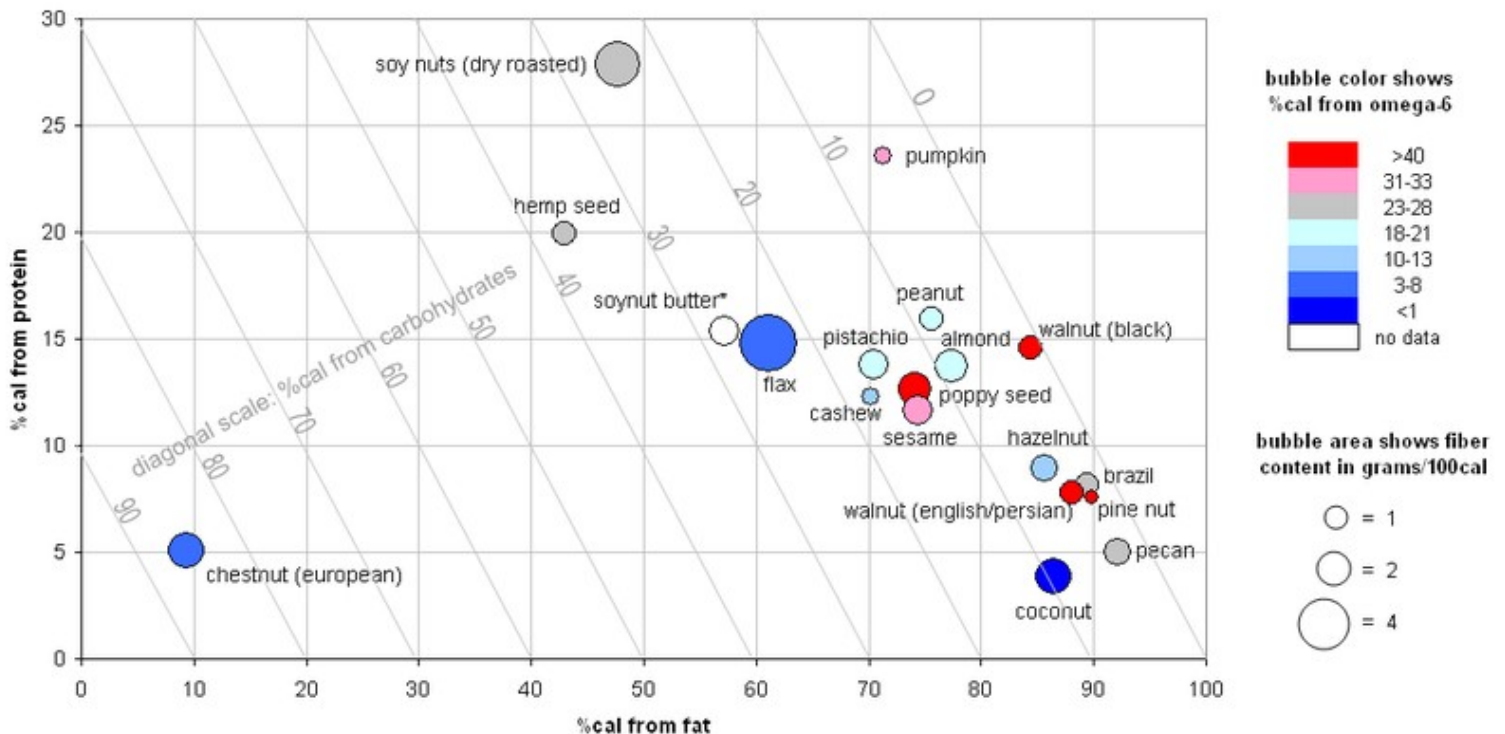
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A nut is a hard-shelled fruit of some plants that have a seed, which does not open at maturity. In culinary terms, many seeds and fruits are considered nuts, when in reality, in biological terms they are not. Common use of the term “nut” often refers to any hard walled, edible kernel.

Nuts contain varying quantities of oils and combinations of omega 3 and omega 6 fatty acids that can be used for energy in addition to essential nutrients and fiber. Nuts are some of the most common food allergens.

## nutritional properties of nuts and oily seeds



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## Ten Ways to Lower Cholesterol

1. Eat a diet low in saturated fat—reduce intake of fatty processed meats, change to low-fat dairy products, use lean meats, avoid fried fast foods and any foods with trans fats. **Nuts lowest in saturated fats are almonds, pistachios and walnuts.**
2. Replace saturated fats such as butter with monosaturated and polyunsaturated fats such as olive, avocado, **macadamia**, and **hazelnut** oils rich in monounsaturated fats or **sunflower, walnut** or safflower oils rich in polyunsaturated fats. A kitchen tip to reduce the saturated fat in butter is to mix/whip with 50% olive oil.
3. **Eat a small handful of raw or toasted, unsalted nuts (30gr) five times a week for an estimated 10% reduction in cholesterol.**
4. Eat fish three times a week. Deep sea fish such as tuna, salmon and mackerel are high in polyunsaturated fats, particularly omega 3 fats. These fats can help prevent blood from clotting as well as create a healthier cholesterol balance. **Flax seeds, chia seeds and English walnuts** are those highest in omega 3 fatty acids.
5. Enjoy wholegrain foods, especially oats. Wholegrain foods are high in dietary fiber and oats contain soluble fiber which is known to reduce cholesterol absorption.
6. **Use 1-2 T of ground flax seeds** on your oatmeal or salad. Flax seeds contain a very high amount of soluble fiber.
7. Try a plant sterol-based margarine. 20g or 1 T per day is known to reduce cholesterol absorption from the gut and hence reduce blood cholesterol.
8. Add variety to your diet by eating more legumes and pulses such as soybeans (soy nuts), kidney beans, baked beans, chickpeas, or hummus. **Legumes such as peanuts are also good sources of fiber and protein.**
9. Include more soy-based foods in your diet, unless you have a specific food sensitivity to soy. Soy beans (edamame) **and soy nuts are naturally high in soluble fiber and soy protein has been shown to reduce blood cholesterol.** Try soy beverages, yogurts, breads pastas, desserts and tofu.
10. Don't forget about the value of exercising 30-60 minutes a day, the majority of the week or walking 10,000 steps a day to regulate blood cholesterol.

Nuts can also be an important part of blood sugar regulation by pairing a small amount of nut butter with a carbohydrate rich food such as apples or bananas. The nut protein will slow the release of insulin into the blood.

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Toasting nuts in the oven or in a cast iron pan will improve the flavor of pumpkin seeds, walnuts, hazelnuts, sunflower seeds, etc. To toast in the oven, place in a single layer on parchment paper and bake at 350° for 10-12 minutes. Walnuts tend to burn easily—so watch closely.

### Vegetarian Nut Loaf

2 large onions, finely chopped	5 large eggs, beaten
1 cup chopped fresh mushrooms	½ cup chopped toasted walnuts
¼ cup finely chopped green pepper	¼ cup toasted unsalted sunflower kernels
3 cups grated carrots	½ tsp dried or 1-2T fresh chopped basil
1 ½ cups chopped celery	½ tsp dried or 1-2 T fresh chopped oregano
1-2 cloves minced garlic (to taste)	¼ tsp freshly ground black pepper
2-3 T butter	1/2 tsp sea salt
	3- 3 1/2 cups soft wheat bread crumbs (6-7 slices)

Sauté onions, mushrooms and green pepper in butter until slightly tender. Add celery, then grated carrots and garlic and sauté for a few more minutes. In a bowl, combine the eggs, walnut, sunflower kernels, salt, basil, oregano and black pepper. Stir in bread crumbs and sautéed vegetable mixture. Mix until well distributed.

Use a non-stick meatloaf pan or coat a 9" x 5" loaf pan with cooking spray, then line with waxed paper. Transfer veggie nut mixture to prepared pan and press into place. Bake at 350° for 1 hour or until a meat thermometer reads 160°. Let stand for 10 minutes before slicing. Yield 8 servings. May be served with Simply Organic Mushroom Sauce, organic catsup or other accompaniment.

**Nutritional Analysis: One slice = 223 calories, 13 g fat (3 g saturated fat), 140 mg cholesterol, 321 mg. Sodium, 19 g carbohydrate, 4 g fiber, 9 g protein Diabetic Exchanges: 2 vegetable, 1 ½ fat, 1 lean meat, ½ starch**