

Mission In Motion

Health & Wellness

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News from the Blues

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Fall Tip

### **Nuttier Than a Fruitcake and Cholesterol-Lowering, Too**

You may know that nuts contain lots of calories and should be eaten in moderation, but they're low in saturated fat and filled with mono- and polyunsaturated fat, the good fats that are part of a healthy diet. And for their size, they pack an amazing wallop of protein, fiber, vitamins, and minerals.

#### **Healthy and hearty**

Not sure which nuts to try? Walnuts are a good choice. They have more polyunsaturated fat than other nuts and seem to raise healthy high-density lipoprotein (HDL) cholesterol as well as lower unhealthy LDL cholesterol. Walnuts also are a good source of heart-healthy omega-3 fatty acids.

Almonds, on the other hand, are the best nut source of vitamin E, an antioxidant important to heart health. Almonds also are high in calcium good for heart, muscle, and nerve function, as well as bones and teeth.

Tree nuts (almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts) are rich in plant protein and unsaturated fats and contain a number of important nutrients such as vitamins (i.e., folate, niacin, vitamin E), minerals (i.e., copper, phosphorus, magnesium).

The American Heart Association recommends eating 4 servings of unsalted, unroasted nuts a week. A serving size is a small handful or 1.5 ounces of whole nuts or 2 tablespoons of nut butter, like peanut or almond butter.

Visit Blue Access for Members<sup>SM</sup> and you'll find more healthy eating tips through the Personal Health Manager, like menu planning and grocery shopping hints.

Sources: American Heart Association, The International Tree Nut Council Nutrition Research & Education Foundation