



Go Nuts

EVERYDAY



**IN 2003, FDA APPROVED A QUALIFIED HEALTH
CLAIM FOR NUTS AND HEART DISEASE:**

**“Scientific evidence suggests but does not prove that
eating 1.5 ounces per day of most nuts as part of a diet
low in saturated fat and cholesterol may reduce the risk
of heart disease.”**



NUTRITION

In Every Handful

Tree nuts, such as almonds, Brazil nuts, 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. Nuts may also play a positive role in satiety and maintaining a healthy body weight.

In addition to their great taste, all nuts are cholesterol-free and contain mostly unsaturated, or “good” fat (i.e., mono- and polyunsaturated fats). The key to including nuts in the

diet without adding extra fat and calories is portion control.

As little as one handful—or 1½ ounces—of nuts per day can provide nutritional benefits. And, in the recommended pursuit of enjoying a more plant-based eating plan, nuts deliver protein, fiber, phytochemicals and other nutrients that are often lacking.

To help you Go Nuts every day, see the tips on the back for mixing and matching your favorite tree nuts with any food.



HOW MUCH IS 1½ OUNCES OF TREE NUTS?

The answer varies depending on the type and size of each nut. Here are some examples of 1½-ounce portions of each tree nut, along with the average number of nuts per serving.

INC NREF and USDA, ARS. FoodData Central, 2019.

Almonds
EXCELLENT SOURCE
OF VITAMIN E

32-36 nuts



Hazelnuts
RICH IN VITAMIN E

27-31 nuts



Brazil Nuts
ONE NUT PROVIDES
100% DV OF SELENIUM

9-12 nuts



Pecans
HIGH IN TOTAL
FLAVONOIDS

27-29 halves



Pine Nuts
HIGH IN COPPER

235-250 nuts

Cashews
RICH IN MAGNESIUM

21-26 nuts



Macadamias
EXCELLENT SOURCE OF
MANGANESE

16-18 nuts



Walnuts
EXCELLENT SOURCE OF
OMEGA-3 FATTY ACIDS

17-21 halves



Pistachios
GREAT SOURCE OF
PLANT STEROLS

68-73 nuts

Go Nuts

AT EVERY MEAL



HAVE YOU HAD YOUR DAILY HANDFUL OF NUTS TODAY?

BREAKFAST

Including tree nuts at breakfast will help sustain you throughout the day. Add nuts to smoothies, sprinkle over yogurt, cereal or fruit; or take pancakes to a new level by adding any type of nut to the batter. Try nut butters on bagels or toast—it's simple to make your own in a food processor.

SNACKS

Tree nuts are perfect as a tasty snack between meals. Divide small portions into individual bags to keep in your car, handbag, office desk and kid's lunches for a quick bite. When making cookies or cake, try replacing some of the butter with ground nuts (replace the butter with an equal amount of ground nuts or nut butter), or add chopped nuts to the mix.

COCKTAILS

Have some fun in the kitchen and create your own designer nut mix by roasting nuts with your favorite herbs and spices; and make your own nut-stuffed olives or vegetables.

SALADS AND SIDES

Create your own seasoned nuts to serve at home over salads: hazelnuts with spinach, almonds and arugula, walnuts on Caesar, pecans on a Cobb, and pistachios in Salad Niçoise. When making a vinaigrette, add some nuts to the blender to make it rich, creamy and healthy.

Keep a reserve of toasted nuts in the refrigerator for warming and tossing with vegetables: cauliflower and cashews, carrots and sliced almonds, broccoli with walnuts, peas and pistachios, spinach with pecans, and asparagus with hazelnuts.

THE MAIN EVENT

To make meat-free burgers higher in protein and fiber, add some nuts to the mix. Add ground nuts with fresh herbs and olive oil to pasta and risotto, or puree nuts to spread on pizza rather than cheese. A Chinese vegetable and nut stir-fry or a Thai curry is enlightened with diced nuts. In fact, many dishes such as quinoa, farro, rice, barley and lentils will be nutritionally elevated with nuts in the mix.

When it comes to soups and casseroles, there is no tastier or healthier thickener than tree nuts. For pureed soup, cook nuts with the ingredients and puree—no need for cream. Or add a sprinkle of nuts on top.

DESSERTS

For something purely simple, there's nothing lovelier than a fruit salad with crème fraîche and crunchy nuts.

COAT FOR FLAVOR...

Need a quick and easy coating to spruce up dinner? Mix equal parts prepared seasoned breadcrumbs and finely chopped, toasted, mixed nuts; add the herb or spice of your choice, such as basil, thyme, cayenne pepper or cumin. Dip meat, fish or poultry into crumb mixture, pressing to coat. Bake, broil or grill. Bon appétit!

TIPS FOR TOASTING...

To bring out extra flavor, spread whole, chopped or sliced tree nuts in a single layer in an ungreased baking pan. Place in 350° oven and bake 5 to 10 minutes or until nuts are slightly brown; stir once or twice until lightly toasted. Remove from pan to cool. Nuts will continue to brown slightly after removing from oven.

TIPS FOR BUYING AND STORING...

- When buying whole, unshelled nuts, be sure to look for clean shells without cracks. The exception is pistachios, which are usually sold in a semi-open shell.
- Whole, raw shelled nuts should appear fairly uniform in color and size.
- To keep tree nuts as fresh as possible, store them in an air-tight container in the refrigerator for up to six months, or up to a year in the freezer.

The International Tree Nut Council Nutrition Research & Education Foundation (INC NREF), a nonprofit organization, represents nine tree nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts. For more information on tree nuts and health, please visit our website at www.nuthealth.org.