

A photograph of several walnuts, some whole and some cracked open to show the kernels, with green walrus leaves in the background. The word "Walnuts" is written in large white letters across a green semi-transparent banner.

# Walnuts

## Health Benefits of Walnuts

Walnuts, and other tree nuts like almonds and pecans, are rich in vitamins, minerals, healthy oils and fiber. They have been shown to lower cholesterol and inflammation, decreasing risk of heart disease.

### **1 oz raw walnuts provides:**

- 183 Calories, 4 gm protein, 3 gm fiber, 18 g fat, no cholesterol

### **Potential benefits of consuming walnuts:**

- Walnuts have more healthy omega 3 fats than any other plant food
- Phytosterols in walnuts can help lower LDL, total cholesterol and triglycerides
- An amino acid, L-Arginine, helps make nitric oxide, a vasodilator that lowers blood pressure, improves blood flow and circulation
- Folate in walnuts detoxifies homocysteine, lowering risk of plaque and blood clots in arteries
- Vitamin E's antioxidant capacity protects against free radicals, helps heal artery walls and boost immunity
- Toss on salads, in muffin batter; grind with beans in hummus or puree to make walnut butter for toast

For more Healthy Bytes Initiative information, visit:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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