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**Check your cholesterol levels with 56g of walnuts daily**

Red meat and eggs increase the risk of stroke and people with heart disease should exercise more and sit less—studies and research tips for a healthier you

**Eating walnuts daily keeps cholesterol under control**

Daily consumption of walnuts in small quantity lowers cholesterol and improves the functioning of blood vessel wall in people who are at high risk of developing diabetes, claims study. The researchers studied 81 men and 31 women and divided them in two groups. While one group followed a calorie-controlled diet, the other group followed a diet with no calorie control. Randomly selected participants from both groups were asked to include 56g of walnuts in their diet every day. Researchers found that participants who took walnuts showed significant decrease in cholesterol and improvement in blood vessel cell wall function. The study was published in the journal *BMJ Open Diabetes Research & Care*.