

Nutrition Guide

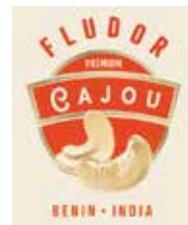
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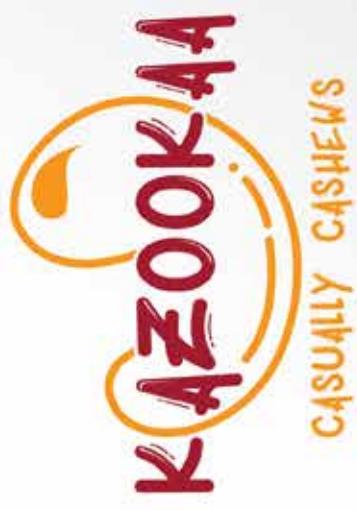


Health
Benefits of Edible
Nuts and Seeds

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Cashew nuts
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Preface



In the researches over time, it has been found that nuts have been part of mankind's diet since pre-agricultural time. Nuts are dense in nutrient because of its complex matrices like high quality vegetable protein, fiber, minerals and various minimal compounds which are beneficial for human consumption. Nuts consumption over the years has shown major health benefits in both the genders. Nuts have a beneficial impact on many cardiovascular risks along with cholesterol-lowering effect with context of healthy diets. Blood pressure, visceral adiposity and the metabolic syndrome also appear to be positively influenced by nut consumption.

Nuts are considered either as snacks or part of a meal. It can be eaten whole fresh or roasted, in spreads or in commercial products as sauces, oil, baked good etc. Consumption of nuts is the best options for healthful snack, compared to chips, crackers or any other carbohydrate rich foods. The nutrients found in nuts are heart-healthy fats.

In the recent years we have seen an increase in attraction to vegan diets especially amongst diet conscious individuals. Vegans usually prefer food consisting of plant-based foods including fruits, vegetables, legumes, nuts, seeds and grains. Nuts in vegan diet are considered as a well-balanced and appetizing food option.

In this Handbook of Nutrition Guide: Health Benefits of Edible Nuts and Seeds, Cashewinfo.com team has compiled from various secondary sources and journals the health benefits of consuming fifteen essential edible nuts and four edible seeds which are a gift to mankind from nature. We have duly acknowledged the sources, where available. Our aim is to spread awareness related to health benefits of consumption of nuts in a simple and readable manner. We have also included interesting recipes ideas using some of the nuts which are easy to cook. As we all know, Nuts are nutrient rich foods with wide-ranging cardiovascular and metabolic benefits, which can be readily incorporated into healthy diets.

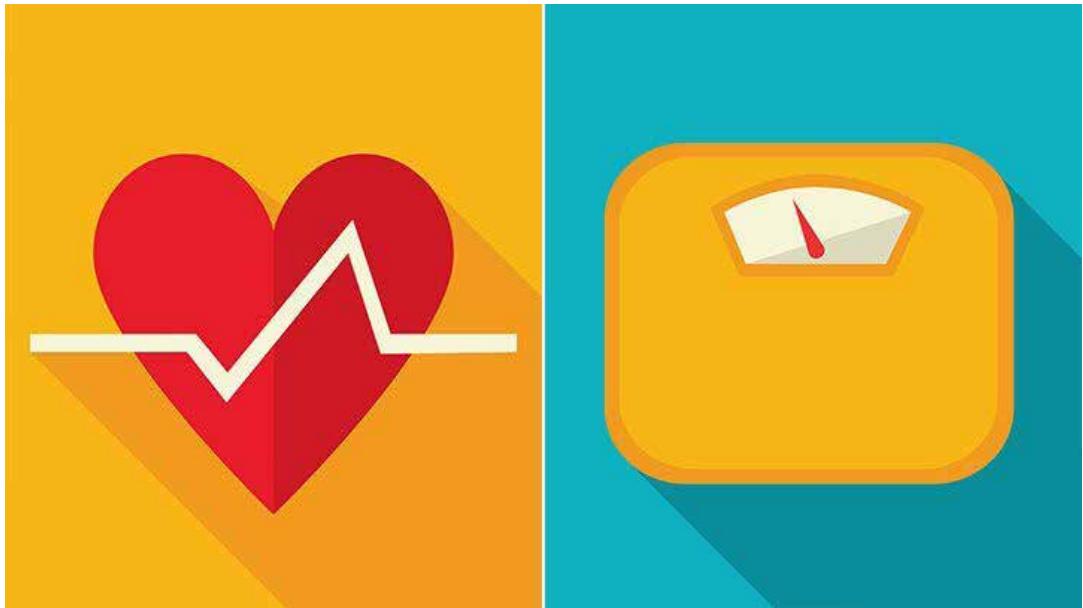
Special thanks to Rajeshwari MC for compiling the articles, Radhika K for design & rich visuals and Swapna for her marketing efforts. We also thank all research institutions and agencies for making available the outcome of research studies online. We at cashewinfo.com would be very grateful to receive your feedback and suggestions.

Please write to us at vinayak@fbspl.com

Happy reading...

Vinayak Meharwade
Director

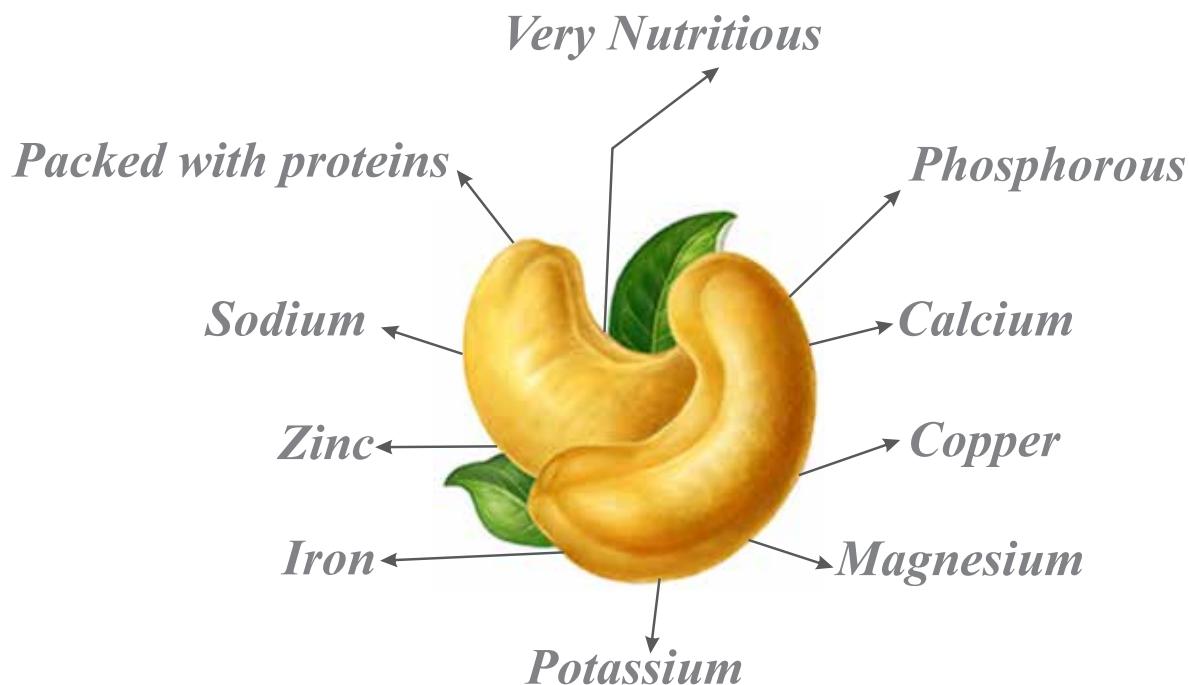
August 2020



Section 1: **Profile / Health Benefits of Nuts**

Cashew Nut

King of Nuts for Healthy Heart



Heart Health, Strong Nerve & muscle function,
Improving Bone & Oral Health, Help Fight Diabetes,
Anemia & Gall Stone, Stronger Immune System.

A USDA National Nutrient Database study has revealed that cashews also contain **Vitamin C, Vitamin B, Thiamin, Folate, Vitamin E & Vitamin K**. They are also a **source of oleic acid** and provide a **good quantity of monounsaturated fat and low amounts of polyunsaturated fats with no cholesterol content when consumed in moderation.**

Cashews are a good source of healthy dietary fats, which are vital for our body to absorb the fat-soluble vitamins, and produce fatty acids that are crucial for the development of the brain and blood clotting.





Health Benefits of Cashews

- Heart Health:** Cashews are a good source of healthy fats which helps your body absorb fat-soluble nutrients like vitamin A, D, E and K. These include healthy polyunsaturated and monounsaturated fats. If taken in limited quantities, it may even lower bad cholesterol levels which can be beneficial for heart patients and diabetics. Increasing healthy fats in the diet can help in reducing the negative effects of unhealthy fats which increases the risk of heart diseases.
- Prevents Anemia:** Regular and moderate consumption of cashew nuts can reduce the risk of blood diseases. One of the most common blood diseases is anemia. Anemia stems from iron deficiencies, which again is the result of a copper deficiency. To prevent your body from becoming copper deficient, we recommend regular consumption of cashew nuts. Cashews are a good source of copper and hence they protect you from blood diseases.
- Great for the Eyes:** Cashew contains high levels of lutein and other vital antioxidants which protect our eyes from getting damaged. It also ensures healthy eyesight.
- Maintains Nerve Health:** The deficiency of magnesium can lead to many health issues. It not only affects our nerves and bone functioning but also

increases our blood pressure. Eating kaju regularly will ensure that you have a proper balance of magnesium and hence, it will prevent migraines and body pains in general.

- Boosts your Energy Level:** As it contains an array of minerals and vitamins, consumption of this healthy nut will ensure that you have a strong metabolism. Also due to plenty of antioxidants and different types of enzymes, it is responsible for boosting your immunity as well.
- Beneficial for the Skin:** Cashew oil, derived from cashews is extremely beneficial for your skin. This oil is rich in zinc, magnesium, phosphorus and iron and all these nutrients are very essential for your skin. Experts say that it may also be beneficial in protecting you against skin cancer. As kaju is filled with the goodness of copper and antioxidants, it helps in making your skin look radiant and glowing. Antioxidants are known to reduce the signs of aging, and copper along with other enzymes produces collagen that is responsible for increasing the elasticity of the skin.
- Good for Gut:** Eating kaju everyday can save you from stomach ailments and also aids in digestion. Have two-three kaju every day to ensure a happy tummy!
- Weight Loss:** Despite the high-calorie content of cashews, **these nuts may induce weight loss.** Research shows that replacing animal fat and protein

with vegetarian sources of poly and monounsaturated fats and proteins like cashew nuts can be very helpful in **lowering cholesterol** and fat-buildup in the body. However, it is important to take care of your portions. Regular and moderate consumption of cashews help people in losing weight much faster. They are also a rich source of omega 3 fatty acids which boosts your metabolism, thereby speeding up the weight loss process. Cashews must be eaten raw and unsalted in order to get maximum benefits. Kaju gives a lot of energy and also keeps you satiated for a long time. Therefore, you can consume 3-4 cashew nuts everyday for proper weight management.

- Healthy and Shiny Hair:** Consumption of cashew nuts or application of cashew oils can be beneficial for your hair. Cashews are rich in copper which boosts the production of melanin pigment in skin and hair. This enhances both hair color and hair texture to give you strong and shiny hair.
- Prevents Cancer:** One of the major benefits of eating cashew nuts is that it reduces the risk of cancer. Proanthocyanidins is a type of flavonol which stops the tumor cells from growing. Kaju is also filled with copper and proanthocyanidins which are responsible for preventing cancer.



Research Studies on Cashew

- Heart Health:** The National Centre for Biotechnology Information (NCBI) in its case study points out that nuts are likely to be beneficial for health, keeping a check on various ailments, such as heart disease. Studies consistently show that nut intake has a cholesterol-lowering effect, in the context of healthy diets, and there is emerging evidence of beneficial effects on oxidative stress, inflammation, and vascular reactivity. Cashews help lower LDL and increase the carrying capacity for HDL. HDL is responsible to absorb the cholesterol from the heart and take it to the liver where it can be broken down.
- Protects the Eye:** Cashews contain a powerful antioxidant pigment called Zea Xanthin. This pigment is readily and directly absorbed by our retina, says nutritionist Anju Sood. This then forms a protective layer over our retina which prevents the harmful UV rays. Dr Ansul Jai Bhatnagar says small quantities of Zea Xanthin helps prevent age related macular degeneration in elderly and hence helps maintain eye health.
- Good for the Skin:** Derived from the cashew seeds, "cashew oil does wonders for your skin," says Gargi Sharma, Manager Weight Management, Aayna.

Cashew nut oil is rich in selenium, zinc, magnesium, iron and phosphorous. Also, they are great sources of phytochemicals, proteins and antioxidants. The high percentage of selenium in cashews is not only good for your skin but "helps prevent cancer as well," says nutritionists.

- Weight Loss:** In comparison to diets excluding the intake of nuts, people consuming nuts on a moderate and regular basis lose weight faster. Based on the evidence from epidemiological and controlled clinical studies, nut consumption is not associated with higher body weight.
- Source of Dietary Fibres:** According to studies, cashew nuts have a great percentage of dietary fibres. The two essential dietary fibres required by our body are, oleic acid and palmitic acid.

Can cashew nuts help control cholesterol and body weight?

According to a recent study published in the Journal of Nutrition regular consumption of cashew nut may actually be beneficial for one's health including people with type 2 diabetes. The study was done by Dr V Mohan and his colleagues at Madras Diabetes Research Foundation (MDRF), Chennai. It showed that there was a significant decrease in the systolic blood pressure and a significant increase in the good cholesterol or the HDL cholesterol levels. There was no deleterious effect of cashew nut consumption on body weight, blood

sugars, glycated haemoglobin or LDL cholesterol (bad cholesterol).

Can Cashew Nuts Lower Your Risk for Heart Disease?

A recent study explored the effects of supplementation with cashew nuts on cardiovascular and overall health in diabetic patients at risk of cardiovascular disease.

Prior research has suggested that nut consumption may decrease the risk of cardiovascular disease (CVD). However, there has been considerably less research conducted on this topic among adults with type 2 diabetes. A recent study attempted to bridge this knowledge gap by conducting a randomized clinical trial on patients of Asian Indian ethnicity—a high-risk population for both CVD and type 2 diabetes.

Asian Indians are more likely to develop a unique pattern of dyslipidemia characterized by low levels of HDL cholesterol and high levels of triglycerides and LDL cholesterol; in other words, dyslipidemia manifests as abnormal proportions of lipid components within the blood. Almost 80% of Asian Indian adults live with dyslipidemia and a large portion of these cases can be attributed to low HDL cholesterol levels. Despite this, the solution may not be so simple as merely elevating HDL cholesterol levels; current research points out that raising HDL cholesterol with medication is not only challenging, but it may not directly translate into a reduced CVD risk.

Cashews can improve good cholesterol levels, says study

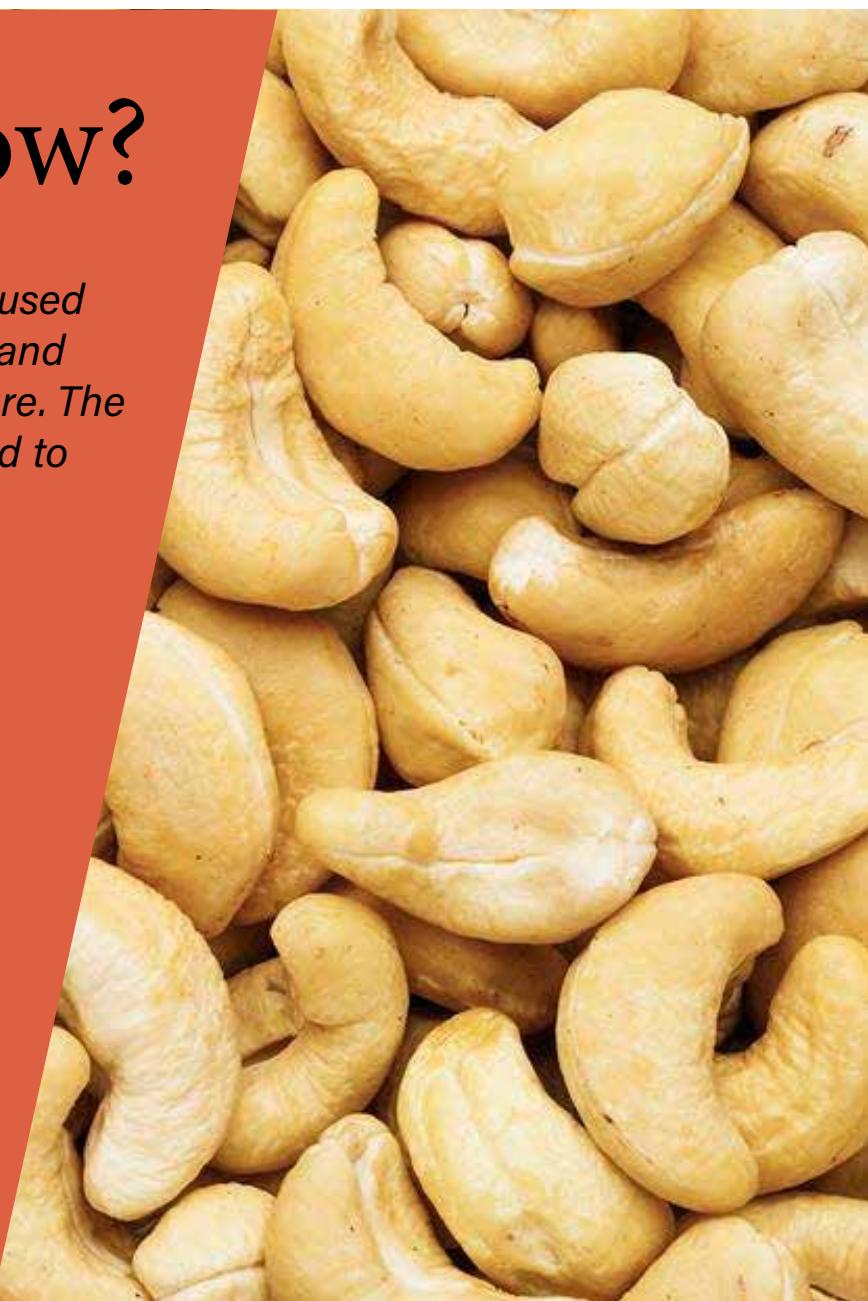
Cashew nut is the latest entrant into the list of 'fatty' foods that have cracked their unhealthy tag. A palm full of these nuts a day could help reduce blood pressure and improve the level of 'good cholesterol', a new study has found. The finding, published recently

in peer-reviewed Journal of Nutrition, is based on a study of 300 people in Chennai with type-2 diabetes. Half of them were asked to consume 30 grams of unsalted, raw, broken cashew nuts a day. At the end of three months, various parameters were studied: their blood pressure — usually high among those with diabetes — had

dropped by 5mm. Their high-density lipoprotein (HDL) level, dubbed 'the good cholesterol', had increased by 2 milligram. There was no deleterious effect on the body weight or sugar levels.

Did you know?

- *Oil from cashew nut shells is used in insecticides, brake linings, and rubber and plastic manufacture. The milky sap from the tree is used to make a varnish.*
- *The colloquial name for the cashew nut comes from the Portuguese name for the nut, caju.*
- *Unlike other nuts and seeds the cashew does not grow within the fruit but instead on the outside of it, hanging from the base of a crab apple, called a "cashew apple."*





Almond

The Next Big Superfood

- Rich in Vitamin E
- Dietary Fibers
- Omega 3 Fatty Acids
- Proteins
- Manganese

Health Benefits

- As one of nature's super foods, almonds health benefits are numerous. Almonds are the perfect in-between meal snack since they **satisfy your hunger without sacrificing your health.** Of all the nuts, almonds are king in the nutrition department.
 - Almonds are higher in nutrition than any other nut. Containing calcium, vitamin E, magnesium, iron, phosphorus, niacin, selenium, zinc, and copper, almonds are considered a super food.
 - Regular consumption of almonds can **lower your cholesterol.** By increasing HDL, the good cholesterol, and decreasing LDL, the bad cholesterol, almonds' health benefits for your heart is obvious.
 - One of the many health benefits of including almonds in your diet
- is **cancer prevention.** Because they are so high in fiber, almonds help food move more efficiently through the colon, thereby preventing colon cancer.
- Eating almonds daily will keep **your blood sugar levels regulated.** This health benefit can **prevent diabetes.** Make sure you eat only raw almonds, never sweetened or flavored almonds, if you have elevated blood sugar levels.
 - Almonds give you **instant energy.** Because they are so high in minerals, almonds produce energy and increase stamina.
 - You may have noticed that many beauty products contain almond oil or almond milk. For centuries almonds' health benefits for the skin have been well known. Almonds have a **healing, wrinkle reducing effect on the skin.**
 - Almonds are **great brain food.** Because they are so high in vitamin E and minerals, almonds are actually recommended for children in the development of their intellectual level.
 - Almonds **regulate blood pressure.** Due to their high levels of potassium and low level of salt, eating almonds can actually lower blood pressure. Remember to eat only unsalted almonds if you have been diagnosed with high blood pressure.
 - Almonds are high in folic acid. Scientific studies have shown that folic acid taken during **pregnancy reduces the risk of certain birth defects.**
 - Almonds help with **weight loss.** Because they are high in fiber and nutrients and low in bad fats and calories, almonds can be your best friend if you are trying to lose weight. Another health benefit of almonds when trying to lose weight is that a very small amount will make you feel full so that you don't overeat.



Raw Almonds vs Soaked Almonds

- If your mother pleaded with you every morning to eat your daily dose of soaked almonds, then she may have been right. Choosing between soaked almonds and raw almonds isn't just a matter of taste, it's about picking the healthier option.
- Why soaked almonds are better- Firstly, the brown peel of almonds contains tannin which inhibits nutrient absorption. Once you soak almonds the peel comes off easily and allows the nut to release all nutrients easily.
- How to soak? Soak a handful of almonds in half a cup of water. Cover them and allow them to soak for 8 hours. Drain the water, peel off the skin and store them in plastic container. These soaked almonds will last you for about a week.

Benefits of Soaked Almonds:

- **Help with digestion:** Soaking almonds helps in releasing enzymes which in turn help with digestion. Soaking almonds releases enzyme lipase which is beneficial for digestion of fats.
- **Help with weightloss:** The monounsaturated fats in almonds curb your appetite and keep you full. So, feel free to snack on them because they'll help you avoid binge-eating and trigger weight-loss.
- Almonds keep your **heart healthy:** reduce bad cholesterol (low density lipoprotein) and increase good cholesterol (high density lipoprotein).
- They are a **good source of antioxidants:** Vitamin E present in soaked almonds works as an antioxidant which inhibits free radical damage that prevents ageing and inflammation.
- **Fight Cancer:** Soaked almonds contain Vitamin B17 which is vital for fighting cancer.
- Flavonoid present in almonds **suppresses tumor growth.**
- Help in lowering and **maintaining glucose levels** and **regulating high blood pressure.**
- Soaked almonds **contain folic acid** which reduces birth defects.

How many almonds to eat per day?



While almonds are a healthful food, it is best to avoid eating more than 1 oz, or about a quarter of a cup, per day. These nuts are high in calories and fats, and they may contribute to weight gain if a person does not eat them as part of a balanced diet.

To avoid eating too many almonds, measure out a 1-oz portion and avoid second helpings.

It is important to choose unsalted almonds and avoid those that have a coating of sugar, honey, or chocolate. Salt can increase blood pressure and heart problems, while sugar is a carbohydrate and not a good choice for people with diabetes.

Ways to eat more almonds

It is easy to incorporate more almonds into the diet as they are a versatile and tasty type of nut. People can eat almonds:

- on oatmeal
- in homemade muesli
- in trail mix
- as a topping for fresh fruit
- on their own
- sprinkled on top of salads, stir-fries,
- or cooked green vegetables

Ground almonds, or almond meal, can also add flavor and texture to many baked goods.

People can enjoy **sugar-free almond milk** on its own as a hot or cold beverage. Alternatively, they can have it in smoothies, on cereals, or in tea and coffee.

Another option is to eat almond butter with no added sugar or salt. This product works well with apple slices, on whole-wheat toast, or as a smoothie ingredient.

DID you KNOW?

Bees are an important part of almonds growth. A good crop is highly dependent on bees pollinating the trees during blooming season, which means almond growers are very careful to create the perfect environment for the bees to prosper. Interestingly, honey made from bees who have pollinated almond trees is bitter and cannot be consumed as is. So it's blended with other types of honey for a better taste.

As a drupe, almonds are part of the same family as cherries, peaches and mangoes. Next time you eat a peach, notice that the pit resembles an almond.

There are over 30 different varieties of almonds.

8 out every 10 almonds produced in the world comes from California.



Fig (Anjeer)

The Fruit of Heaven

Health Benefits

Weight Management: Since figs are a good source of fiber, research has found that they could aid in weight management as high-fiber foods have a positive impact. Fiber forms an essential part of our daily diet. Not only is fiber good for our digestive system, it has also been linked to the reduced risk of cancer and type 2 diabetes. Health experts will tell you that foods with high fiber makes one feel full and satiated for long which is why they easily fit in your weight-loss strategies.

Lowers Blood Pressure: Anjeer is a good source of potassium. Potassium is an important mineral, which is required for the body and its regular intake is said to help in maintaining blood pressure because it tends to negate the harmful effects of sodium. Since we live in a world where we constantly rely on processed foods, which have high sodium content, a diet rich in potassium is essential. Doing so could also aid in blood circulation and digestive disorders. According to a study done by Shiga University of Medical Science in Japan, it states that for individuals with diabetes, having a diet rich in potassium may help you protect against heart and kidney ailments.

High on Natural Flavour

Antioxidants

Vitamins
Minerals

Promotes Reproductive Health:

According to ancient Greeks, figs were considered to be a sacred fruit and a natural aphrodisiac. It symbolised fertility and love. In ancient India too, figs were combined with milk and taken. Since it is loaded with minerals like zinc, manganese, magnesium and iron, they all contribute to improving reproductive health. Moreover, as a home remedy, young girls are often advised to eat figs to overcome PMS issues. Studies have also found that since dried figs are a high source of antioxidants and fiber, they help in protecting against post-menopausal breast cancer and hormonal imbalances.

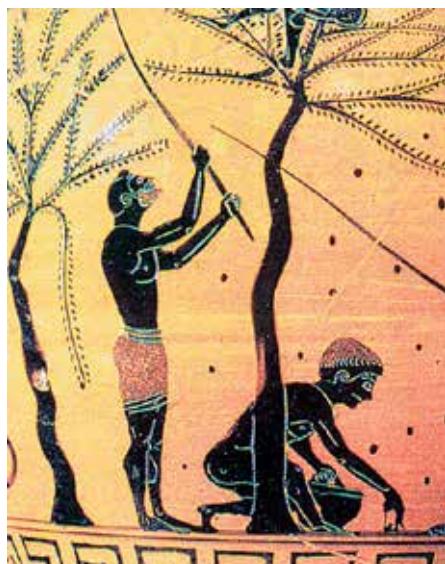
Boosts Heart Health: Studies have shown that figs help reduce the level of triglycerides in the body, which are fat particles that circulate in the bloodstream and are a major cause of heart disease. Moreover, the high antioxidant content in dried figs couple with blood pressure lowering properties help in eliminating free radicals from the body, which could lead to the blockage of coronary arteries in the long run, and prevent coronary heart disease.

Helps Prevent Constipation: The high fiber content in figs helps in maintaining a healthy digestive system, thus also aids in preventing constipation. Fibers are essential for maintaining regular bowel movements and food sources such as figs are found to help in easing digestion when consumed regularly.

Promotes Bone Health: Dried figs are a good source of calcium. The human

body requires around 1000mg of calcium per day to meet the daily requirement of the mineral. Since calcium isn't produced by the body, what we eat solely contributes to the body's requirement. Most often we fail to meet the set requirement despite having milk, which is the highest source of calcium. Therefore it is important to include other food sources of calcium such as figs in our diet.

Regulates Blood Sugar: The high potassium content in fig helps in regulating the blood sugar level in the body, thus keeping a check on the amount of sugar that is absorbed after meals. A high potassium diet is therefore said to help diabetics. Research studies have also found that chlorogenic acid present in figs helps lower blood sugar levels and control blood-glucose levels in type-II diabetes.



Did you know?

Figs were widespread in ancient Greece, and their cultivation was described by both Aristotle and Theophrastus.

The fruit is actually an inward-blooming flower, or rather, bundle of flowers—and its survival depends on a tiny insect that gives its life in service of the *Ficus carica*.

Apricot

The Amazing Fruit

- Loaded with Nutrients
- Fibre
- Vitamin A, C and E
- Potassium
- Phosphorus
- Magnesium
- Antioxidants.



Health Benefits

- **Anti-Cancer:** Apricots are rich in antioxidants which protect our bodies from free radicals and damage to cells. Free radicals are produced within the body due to pollution, UV rays and smoke. They hinder the normal process of cell growth, bringing about changes in DNA of the cells. This leads to the formation of cancer cells. Apricots are rich in vitamins A and C which are powerful antioxidants that fight cancer diseases and boost the immune system. Moreover, apricot seeds contain a compound called B17 that can fight cancer.

- **Remedy for Constipation:** Apricots contain high amounts of pectin and cellulose that act as a mild laxative, thus helping in the treatment of constipation. Apricots are high in fibre which is vital for colon health and prevents constipation that might cause colon cancer. Fibres are also great for digestion and help balance the body's metabolism.
- **Heart Health:** Apricots reduce the risk of cardiovascular disease as they are rich in antioxidants like vitamin C and lycopene. These antioxidants reduce bad cholesterol (LDL), thus minimizing the risk of heart attack and improving heart health.
- **Treatment of Anaemia:** Apricot is a rich source of iron that plays an important role in the formation of blood, thus improving blood flow and energy flow. Deficiency of iron can cause anaemia. Besides, apricot also contains small amounts of copper that enables the body to absorb iron. Thus, prolonged consumption of apricots helps in the production of haemoglobin which is very useful, particularly for women with heavy flow.
- **Aids in Weight Loss:** Apricots are rich in dietary fibre, and low in calories. This makes them a suitable addition to our weight loss program.
- **Beneficial for Eyes:** Apricot is rich in vitamins A, C and E as well as carotenoids that reduce the risk of eye vision problems. Thus, they improve eye health and prevent macular degeneration.
- **Relieves Asthma:** Apricots have proved to be beneficial in

relieving symptoms of asthma, tuberculosis, and bronchitis.

- **Bone Health:** Apricots are rich in calcium which is vital for the formation and development of bones. Thus, eating apricots helps in maintaining bone health and prevents bone related problems.

• **Relieves Fever:** Apricots are beneficial during fever. You can prepare a liquid with apricot and water, and dilute it with a little honey. This will relieve thirst, fever and clean the system besides adding vitamins and minerals to the body.

• **Beneficial in Pregnancy:** Apricots are particularly beneficial for pregnant women as they contain vitamins A, C and E as well as minerals like phosphorus, silicon, calcium, iron and potassium. Pregnant women are often advised to consume dried apricots as they

have a high iron content which is important for pregnant women to prevent anemia.

- **Cleanse your Digestive Tract:** Since it is a mild laxative, it can eliminate waste from your body. Thus, it will keep your gut healthy.

• **Control your blood pressure:** It is rich in potassium and is loaded with a trace of salt which can manage your high blood pressure.

• **Strengthen your Muscles:** It is full of potassium and can improve your metabolism, the role of organs and cells. It can be useful for protein synthesis and regulates the levels of acid in your body.

• **Excessive Bleeding:** It is jam-packed with vitamin K which is essential for blood clotting in case if you suffer from injuries and stop your excessive bleeding.



Did you know?

Apricots have been around for over 4000 years & California grows 95% of Apricots in USA.

Brazil Nut

Rich Source of Selenium
Monosaturated Fat
Palmitoleic & Oleic Acids

Health Benefits

- Brazil nuts have a smooth buttery texture and a delicious nutty taste, which makes it an appetizing food in itself.
- Brazil nuts are the richest source of selenium, actually more than any other food product. Selenium is an essential mineral and antioxidant that maintains the basic functioning of the body - immune system, thyroid and regulates nerves and cell growth etc. Consuming selenium also leads to clear and glowing skin and soft hair.
- Brazil nuts contain monosaturated fats in a good amount that are actually good fats that provide the requisite amount of energy to the body.
- Due to low saturated fats and high unsaturated fats content, Brazil nuts play a vital role in lowering bad cholesterol level in the body.
- Palmitoleic acid and oleic acid in Brazil nuts fight off the harmful Omega 6 fatty acids and prove to be instrumental in maintaining good heart health.

Did you know?

Brazilnut trees are among the longest-living and tallest species that exist in the Amazon rain forests & can grow upto 50 meters in height. The trees can live anywhere between 500 and 700 years!



Dates

The Ancient Dryfruit

Vitamins, Minerals, Energy, Sugar, Fibre, Calcium, Iron, Phosphorus, Potassium, Magnesium, Zinc

Health Benefits

Dates are High in Fiber: Fiber is important for your overall health. With almost 7 grams of fiber in a 3.5-ounce serving, including dates in your diet is a great way to increase your fiber intake. Moreover, the fiber in dates may be beneficial for blood sugar control. Fiber slows digestion and may help prevent blood sugar levels from spiking too high after eating. As per health reports, dates have a low glycemic index (GI), which measures how quickly your blood sugar rises after eating a certain food.

Promote Natural Labor: This is what every woman must know! The most important thing in which very few people are aware that dates can be a great companion to pregnant women. As per reports, dates have been studied for their potential to promote and ease late-term labor in pregnant women. Eating these fruits throughout the last few weeks of pregnancy may promote cervical dilation and lower the need for induced labor. They may also be helpful for reducing labor time.

Dates have Disease-Fighting Antioxidants: Antioxidants have a number of health benefits to offer, including a reduced risk of several diseases. Antioxidants protect your cells from free radicals, which are unstable molecules that may cause harmful reactions in your body and lead to disease.

Here's an overview of the most potent antioxidants in dates:

- o **Flavonoids:** Flavonoids are powerful antioxidants that may help reduce inflammation and have been studied for their potential to reduce the risk of diabetes, Alzheimer's disease and certain types of
- o **Carotenoids:** Carotenoids are proven to promote heart health and may also reduce the risk of eye-related disorders, such as macular degeneration.

High in Antioxidant: Dates are also high in antioxidants, which can contribute to many of their health benefits.

Blood Sugar Control: Dates have the potential to help with blood sugar regulation due to their low glycemic index, fiber and antioxidants. Thus, eating them may benefit diabetes management.

Helps Maintain Bone Health: Dry dates are an excellent source of calcium, which is an important element for keeping bones and teeth strong. A handful of dry dates will be a good choice to prevent calcium deficiency leading to osteoporosis and arthritis and other dental problems.

Heart Friendly: Dry dates are low in fat and contain negligible cholesterol; moreover, they are known to control low density lipoprotein or bad cholesterol in our bloodstream. Apart from this, they are low in sodium and a rich source of potassium, which makes them beneficial for keeping blood pressure in check.

Improves Digestion: Dry dates have anti-oxidative properties that stimulate metabolism which further helps with weight loss. Other than that, they are full of soluble and insoluble fibers, which help increase the secretion

of digestive juices and enhance the absorption of foods. However, it is advisable to not have more than 2-3 dry dates daily, considering they are high in calories.

Relieves Constipation: One of the most common benefits of eating dry dates is the relief they are known to provide in cases of constipation. The reasons leading to a constipated gut could be many, including a lack of fibre in your food. Dates are rich in dietary fibre and are considered be a natural laxative too. Part of living a healthy life is to have a happy and well-functioning gut, and this is one natural food you could include in your diet for the same.

Super Energy Booster: Dry dates are a rich source of natural sugars (glucose and fructose) which makes them a great snacking option for an instant energy boost. Toss them in your jar of dried fruits to help increase energy and stamina levels.

A Boon for your Skin: Dry dates are a natural resource of vitamin B5 or pantothenic acid, which is extremely beneficial for skin cells and can further repair the damage caused by free radicals. The presence of many anti-oxidants helps in attaining a youthful skin. Moreover, it nourishes your skin and improves its texture.

Solution to your Hair Woes: Vitamin B5 present in dry dates helps in maintaining a healthy scalp, further strengthening the hair roots. Consuming them daily may help in repairing your brittle hair strands, split ends, dryness and so on.

Did you know?

Fossil records show that the date palm has existed for at least 50 million years



Hazelnut

The Happiness Nut

Vitamin E, Healthful Fat, Protein,
Dietary Fibre,
Calorie-Controlled Diet

Hazelnuts make a tasty snack and are a great addition to many dishes. When a person includes them in a balanced, calorie-controlled diet, the nuts also provide several health benefits.

Health Benefits

- Supporting healthy bowel movements**

Hazelnuts contain dietary fiber and can be eaten as a snack. Hazelnuts are a good source of dietary fiber. Eating plenty of fiber encourages regular bowel movements and helps prevent constipation.

- Reducing weight gain**

According to recent research, eating nuts may help some people to gain less weight. A 2018 study found a link between nut consumption, reduced weight gain, and a lower risk of obesity. In the study, participants who ate more nuts were less likely to become overweight than those who did not.

- Protecting against cell damage**

Hazelnuts are rich in antioxidants, which are compounds that protect against the oxidation of cells. They reduce the extent of cell damage from free radicals. Hazelnuts contain the antioxidant vitamin E. Some research suggests that vitamin E may help shield the body from types of cell damage linked to cancer.

- Lowering cholesterol**

Eating hazelnuts may help reduce cholesterol. A 2013 study found that a hazelnut-rich diet decreased participants' levels of low-density lipoprotein cholesterol. This type of cholesterol can increase the risk of heart problems.

- Improving insulin sensitivity**

Eating a nut mix that includes hazelnuts may help improve insulin sensitivity.

- Supporting heart health**

Hazelnuts may help to promote a healthy heart. A 2013 study found that eating a hazelnut-rich diet may improve cardiovascular risk biomarkers, potentially lowering the risk of heart problems.

- Reducing inflammation**

Eating hazelnuts may help to ease inflammation. A 2013 study found

that eating a hazelnut-rich diet reduced signs of inflammation among participants.

- Improving sperm count**

Recent research indicates that consuming more nuts, including hazelnuts, may increase sperm count and improve the sperms' quality.

Did you
know?

The hazelnut is unique in that it blooms and pollinates in the middle of winter. Wind carries the pollen from yellow catkins to a tiny red flower, where it stays dormant until June, when the nut begins to form.



Macadamia Nut

The Tough Nut

Low in Carbs &
Sugar, Protein Rich,
Fiber, Iron, Rich in
Magnesium,
Copper,
Monounsaturated
Fats, Antioxidants,
Vitamin E,
Tocotrienols

Health Benefits

A Healthier Heart: Heart-related diseases continue to be the leading causes of mortality worldwide, so it made it advisable to start snacking on more macadamia nuts.

According to a study published in the Journal of Nutrition, a diet that's high in macadamia nuts was found to reduce the total cholesterol levels in both men and women. High levels of cholesterol can increase the risk of heart disease as excess cholesterol can block blood flow to the heart. Additionally, macadamia nuts are also rich in monounsaturated fatty acids which according to the American Heart Association, also helps to reduce levels of bad cholesterol in the body.

Lowers Risk of Metabolic Syndrome: Metabolic syndrome refers to a group of factors that can increase the risk of diabetes, stroke, as well as heart disease. The most common metabolic syndromes are insulin resistance, obesity, high

blood pressure and blood sugar, low levels of HDL (good) cholesterol as well as high levels of LDL (bad cholesterol).

As mentioned, macadamia nuts are incredibly high in monounsaturated fats and this may help reduce the risk of metabolic syndrome.

According to research published in the journal Nutrients, monounsaturated fats can help to lower the risk of metabolic syndrome by lowering blood pressure as well as regulating the levels of cholesterol and triglyceride in the body.

Help With Weight Management:

Yes, macadamia nuts are quite rich in calories yet if consumed in moderation, they may help you maintain your weight.

As mentioned, macadamia nuts contain protein as well as fiber and these two nutrients can help to regulate weight. This is because both protein and fiber both encourage feelings of satiety, and this then reduces hunger. If that's not enough, findings published in the Clinical and Experimental Pharmacology and Physiology journal found that a group of Japanese women who had consumed bread daily with 10 grams of macadamia nuts experienced a loss of 0.9 pounds (0.4 kg) by the end of the study. Those who had consumed their bread with either coconut or butter remained at the same weight.

Additionally, one animal study found that obese mice that were fed large quantities of macadamia oil over a period of 12 weeks were found to have significantly less fat cells than those who were not given any oil.

Improved Brain Health: As mentioned, macadamia nuts contain high amounts of tocotrienols and these compounds have been linked to protecting brain health.

For one, research published in the Bosnian Journal of Basic Medical Sciences journal suggested that tocotrienols may help to prevent the development of Alzheimer's disease and Parkinson's disease.

Aside from tocotrienols, macadamia nuts also contain oleic acid, which is classified as an omega-9 fatty acid. According to research, oleic acid is vital for brain health as it helps to reduce brain inflammation (2). Moreover, macadamia nuts also contain palmitoleic acid, which serves to protect the nerve cells in the brain, ensuring healthy brain function.

Stronger Bones: Macadamia nuts are also rich in calcium, magnesium, manganese, as well as potassium – four minerals that help to optimize bone health.

For those who may not know, magnesium helps to prevent bone fractures as well as reduce the risk of bone disease osteoporosis. Lastly, both potassium and manganese help to reduce the loss of calcium from the bones.

Did you know?

Macadamia nuts are native to Australia. They are named for John Macadam, a Scottish born physician and chemist who promoted the nuts cultivation in Australia.



Pecan

Heart-Healthy Treenut

Nutrient Powerhouse, Healthy Fat, Fiber, Minerals, Antioxidants

Health Benefits

Pecans Are Tied to Good Heart Health

Nuts like pecans contain unsaturated fat, fiber and plant sterols — a substance that occurs naturally in nuts and can help lower harmful LDL cholesterol levels. Pecans contain more heart-healthy fiber than other nuts such as walnuts, cashews and Brazil nuts (but slightly less fiber than almonds or pistachios). With 2.7 grams of fiber per serving, pecans provide 11 percent of the DV.

Pecans Are Filled With Antioxidants

Pecans are a rich source of antioxidants, compounds that help protect healthy cells from damage caused by free radicals, which are produced when your body digests food or is exposed to environmental sources like air pollution, sunlight or cigarette smoke.

That free radical damage is thought to play a role in a number of diseases, such as cancer, diabetes, heart diseases, Alzheimer's disease, Parkinson's disease and eye diseases such as cataracts and age-related macular degeneration, according to the National Institutes of Health.

Did you know?

Pecans are not actually considered a nut, but instead are a fruit surrounded by a husk with a stone pit in the center, which is the part you eat.

Pine Nut

The Fanciest Nut



Did you know?

Pine nuts come from pine cones. Most pine nuts take roughly 18 months, but some can take up to three years.

Zinc, Magnesium, Rich in Iron, Unsaturated Fat, Pinolenic Acid, Dietary Fibre, Anti-Oxidants, Vitamin A, Lutein

Health Benefits

- Pine nuts help maintain your body's hormonal health as they are rich in zinc. Zinc aids in healing and stimulates the activity of about 100 enzymes in the body.
- They are a rich source of magnesium too. Magnesium is also known as the 'Mood Mineral'. It helps decrease anxiety, stress and depression. These vital nuts calm the body and improve your sleep and memory. So tuck a few into your bag for a quick snack loaded with health.
- Rich in iron, pine nuts help your body transport and store oxygen. Furthermore, they are great for brain health too. It's a good idea to roast them, as that will reduce the effect of iron inhibitors.
- The unsaturated fats found in pine nuts help increase insulin sensitivity. In addition, when eaten as a part of the meal, they can reduce the overall glycemic index. This is good news for diabetics.
- Pine nuts are great for dieters. A handful of these seeds help in weight management. The Pinolenic Acid in pine nuts stimulate the intestine to produce a particular hormone that signals the brain to turn off 'Hungry Mode'.
- Being nutrient-dense, pine nuts are loaded with healthy fats, dietary fibres, plant sterols, arginine, anti-oxidants, vitamins and minerals that are heart protective. The high antioxidant content in the seeds slows down ageing, making you look and feel younger.
- Since pine nuts are rich in vitamin A and lutein, their consumption on a regular basis will help develop sharp vision. Sprinkle pine seeds on salads for that extra crunch, full of wholesome health benefits.
- Get that glow with these antioxidants' rich seeds: They help control how fast you age by combating free radicals, which play a part in age related deterioration. Make these a part of your daily snacking to rejuvenate your skin and hair.

Pistachio

Kind of Nutrients

Protein, Amino Acids, Fats, Dietary Fibre, Phosphorus, Potassium, Calcium, Iron, Magnesium, Manganese, Zinc, Copper, Sodium, Selenium, Vitamins like A, K, C, E, B6, Thiamine, Riboflavin, Niacin, Folate, Pantothenic Acid Choline, Betaine

Health Benefits

Healthy Heart: One of the biggest health benefits of pistachios is that they are heart-friendly nuts. Research suggests that regular pistachio consumption can decrease the levels of bad LDL cholesterol in the body. The antioxidants, phytosterols, and unsaturated fatty acids (both polyunsaturated and monounsaturated fatty acids) are great for promoting a healthy heart.

Weight Management: Pistachios are also the first choice of people who are dieting. Evidence suggests that pistachios, with their lower calories, high protein, low saturated fat, and high unsaturated fats, are a perfect contender for ideal weight management.

Prevents Macular Disease or AMD: Pistachios contain carotenoid antioxidants such as lutein and zeaxanthin. These antioxidants help in reducing the risk of contracting an age-related macular disease in the elderly, according to the research conducted by Chen CYO and Blumberg JB from Tufts University, Boston, USA. They can be included, along with vegetables, for an increased supply of lutein and zeaxanthin.

Eliminates Skin Dryness: Pistachios also help in eliminating dryness from the skin. The saturated fat plays a major role in this aspect. The fat also acts as a good carrier or base oil as it is used as an ingredient in traditional therapies like aromatherapy and traditional massage therapy.

Dietary Fiber: One of the other health benefits of pistachios is that it is a good source of dietary fiber, which helps in the smooth digestion of food. A serving of about 1 ounce or 30 grams of pistachios contains about 3 grams of dietary fiber, more than enough to get your digestive tracts working at optimum capacity.

Antioxidant Properties: Even the shells of pistachios are found to contain a considerable amount of antioxidants. Researchers from Tarbiat Modarres University, in Tehran, Iran were able to successfully identify and extract these antioxidants to be added to other foods. Antioxidants neutralize the free radicals that form in the body after cellular metabolism and can cause conditions like cancer and heart disease.

Defense against Diabetes: One of the final health benefits of pistachios is that they function in controlling diabetes. In people suffering from diabetes, the sugars form inappropriate bonds with proteins and make them unusable. This process is known as glycation. The antioxidants present in pistachios helps in reducing the process of glycation and thus can help in controlling diabetes.

Absorption of Iron: Pistachios have a high copper content, which helps in the higher absorption of iron into the body from food sources. This can help combat conditions like anemia.

Why Are Pistachios Good For Weight Loss?

1. The first thing that makes pistachios a weight-loss-friendly food is fibre. The dry fruit contains a good amount of dietary fibre that may ease digestion of foods, boost metabolism and induce a feeling of satiety.
2. Pistachios also brim with proteins, which is again a weight-loss-promoting nutrient. According to the United States Department of Agriculture (USDA), hundred grams of pistachios contain 20 grams of proteins that provide a bundle of energy to the body.
3. Pistachios also contain monounsaturated fats (healthy fats), which are soluble in nature and are known to prevent weight gain.
4. It is important to avoid extra calories on a weight loss diet; hence, pistachios - a low-calorie food- are a great option.



Did you know?

Pistachio is one of the oldest flowering nut trees and humans have eaten pistachio nuts for at least 9,000 years. Plus, pistachios are one of the only two nuts mentioned in the

Bible (Genesis 43:11)

Prune

Powerhouse of
Antioxidants

Packed with Minerals &
Vitamins, Protein, Fibre



Health Benefits

- Prunes Have Laxative Properties:** Prunes are one of the best remedies for constipation. The laxative properties of the dried plum will help you to have regular bowel movements. Include prune in your diet in moderation for laxative benefits.
- Protection against Osteoporosis:** A single serving of prunes (100 grams) fulfils the daily requirement for boron, and the potassium present in prunes helps support bone health. According to Florida State University, prunes may be able to reverse osteoporosis in postmenopausal women. For the study, postmenopausal women were asked to eat 100 grams of dried plums per day and as a result, they had improved bone formation markers after only three months, compared to a control group who were eating 75 grams of dried apples. Prunes also have anti-inflammatory properties and are highly recommended for people suffering from arthritis.
- Powerhouse of Antioxidants:** Blueberries may be high on the antioxidant scale, but surprisingly prunes are even higher. A study conducted by researchers from Tufts University in Boston ranked prunes, or dried plums, as #1 food in terms of antioxidant capacity. Prunes contain manganese, iron and plant phenolics that function as antioxidants and help protect the cell membranes from free radical damage
- Prunes Have Low Glycaemic Index:** The unsweetened and unprocessed variety of prunes contain high concentration of dietary fiber and low glycaemic index. Moderate amount of prunes can be consumed by diabetic



as it does not increase the sugar level in blood rapidly. It is also a good energy source.

- **Improves Vision:** Prunes are a great source of vitamin A, a vitamin that is essential for healthy vision. One prune delivers 3 percent of the recommended daily intake of vitamin A. People who are deficient in vitamin A are prone to night blindness, dry eyes, macular degeneration and cataracts.



- **Promotes Hair Health:** Iron deficiency can lead to hair loss, dryness and discoloration of hair. And prunes are great sources of iron, contributing to the overall health of your hair and offering countless benefits to it. They are a source of vitamin B, vitamin C, et al which is great for your hair growth. These nutrients strengthen your hair from the roots and prevent breakage and damage.
- **Great for Skin:** The vitamins and minerals present in prunes help in maintaining healthy skin. This humble fruit also helps slow down the aging process and delays development of wrinkles. The presence of many minerals make it quite a good snack, further giving you a glowing skin. How's that for sweet!
- **You Can Eat Prunes Throughout The Year:** It is not a winter food; you can eat it throughout the year. It can be consumed as snack. It is healthy and will help in keeping you full and curb binge eating. You can eat it every day in moderation.



Just 1 prune provides 3% of the recommended daily intake of fiber? Sorbitol, the natural sugar present in prunes, functions as a laxative because it pulls moisture into the digestive tract and facilitates bowel movements.

- **Heart Healthy:** "Prunes are high in potassium, an important mineral that ensures proper functioning of the heart and nerve response throughout the body", says Dr. Adarsh Kumar, Internal Medicine, National Heart Institute. Daily intake of potassium helps lower blood pressure and reduces the risk of problems such as dizziness, heart disease, heart attack and stroke.



Raisin

King of Kheer, Phirni and Barfi

Plenty of Vitamins, Minerals, Antioxidants,
Iron, Copper, Resveratrol

What are the Benefits of eating Raisins every day?

Energy Booster: Raisins are rich in carbohydrates, especially natural sugars, they give you a quick boost of energy when you're feeling sluggish - without weighing you down. For this reason, raisins make an excellent pre- or post-workout snack. Raisins contain about 130 calories and 31 grams of carbohydrates in each 1/4 cup portion.

Constipation Reducer: Eating raisins regularly can help ease or prevent constipation, according to MedlinePlus. Raisins are a good

source of dietary fiber, which is beneficial when you're constipated.

Rich in Nutrients: Raisins are nutrient-dense foods. They are one of the few plant-based foods rich in dietary iron, an essential mineral your body requires daily to make proteins that transport oxygen to your body's cells. Eating raisins daily can help you meet your iron recommended dietary allowance, which is 8 milligrams for men and women over 50, 18 milligrams daily for women of childbearing age, 27 milligrams during pregnancy and 9 milligrams daily for lactating women. Raisins are also rich in potassium, phytonutrients and antioxidants.

Reduced Disease Risks: A daily dose of raisins may also reduce your chronic disease risks. A 2013 review in the "Journal of Food Science" reports that eating raisins regularly is associated with lower blood glucose levels, reduced blood pressure, lower cholesterol levels, reduced triglycerides, increased satiety and lower overall food consumption.

Prevents Anaemia: Dried grapes are rich in iron, copper and Vitamin B complex. Eating some raisins every day would ensure that there is no iron deficiency and prevents anaemia.

Checks Cancer: Raisins have a high level of the polyphenolic antioxidants catechins, which neutralize free radicals. This prevents the occurrence of cancer in the large intestine. In fact, making dried grapes part of the daily diet checks the incidence of several other cancers also.

Quick Digestion: As they are rich in fibre, dried grapes constipation at bay. Eating the dry fruit regularly would make the digestive mechanism efficient.

Reduces Acidity: Potassium and magnesium are among the minerals found in raisins. These minerals help reduce acidity.

A Remedy for Diseases: Skin diseases, joint pain and hair loss can also be controlled by consuming dried grapes daily. The fruit will help regulate the pH level in the body and prevents acidity as well its related effects.

Relief from Fever: Raisins are rich in phenolic phytochemicals, giving them antibacterial properties. They have several antioxidants too. All these can help dried grapes offer regular users relief from viral fever and bacterial infections.

For Healthy Eyes: Incidence of diseases affecting the eyes like cataract and macular degeneration can be prevented by having raisins. As dry grapes contain significant amounts of Vitamin A and beta carotene, they are much beneficial to the health of eyes and improve eyesight.

Healthy Teeth: Dried grapes can help solve many of the problems affecting the teeth as it contains a

phytochemical called Oleanolic acid. Raisins prevent the growth of bacteria inside the mouth. This helps check teeth decay or toothache. Calcium, which protects the enamel of the teeth, is also present in raisins.

Check High Blood Pressure: Hypertension patients would benefit by eating a handful of raisins regularly. The antioxidants, potassium, iron and Vitamin B complex present in the dry fruit reduce the thickening of the blood vessels. As sodium is absent in dry grape, it is an ideal light snack.

Enables Sleep: Studies have found that raisins help solve insomnia as well.

For Healthy Bones: Rich in calcium, raisins strengthen bones and offer relief from joint pains. The dry fruits also have plenty of boron, a micronutrient. Another advantage of raisins is prevention of osteoporosis that develops during menopause.

Helps Losing Weight: After eating some raisins, a person may not feel hungry for a long time as they have a lot of fibres. This makes the dry fruit a good option for people attempting weight-loss. In other words, dried grapes are an ideal substitute for junk foods that are unhealthy.

Good for Hairs: Black raisins help in maintaining the natural colour of the hair and avoid premature greying of hair. Not only is this dry fruit rich in iron, but it also comes along with vitamin C that facilitates the fast absorption of the mineral and provides proper nourishment to the hair.



Know the Fact - It is recommended to eat black raisins soaked in water overnight, as it will facilitate quick absorption of nutrients. Also remember, moderation is the key for a healthy diet, and therefore, do not eat black raisins in excess as it can reverse the positive effect.

Walnut

Wonder Nut filled with Nutrition

Manganese, Copper, Magnesium,
Phosphorus, Vitamin B6, Iron,
Protein, Fiber



Health Benefits

- **Walnuts Are Highly Nutritional:** To say walnuts are highly nutritional is an understatement. Walnuts are rich in omega 3 fatty acids or polyunsaturated fatty acids. Walnuts are a good source of protein and dietary fiber, which helps facilitate weight loss. Walnuts are loaded with Vitamin E, Vitamin B6, folate and thiamin too.
- **Rich Source of Antioxidant:** Walnuts prevent ageing because of their antioxidant properties. Consuming walnuts helps the skin look younger and healthier due to the powerful antioxidant, vitamin E. This also means that walnuts improve cholesterol levels and makes it good for heart health.
- **Grow Healthy, Strong Hair and Nails:** Walnuts are a great source of biotin, or vitamin B7, which is thought to help hair and nails grow stronger and longer, as well as prevent hair loss. Vitamin E can also help give your hair and nails a healthy shine.
- **A Wonder Nut for Brain:** Walnuts greatly improves motor function. Those handy omega-3 fatty acids do wonders for the brain, including improving motor function when taken in a moderate amount.
- **Healthy Heart:** The monounsaturated and polyunsaturated fatty acids found in walnuts have been shown to decrease low density lipoproteins (LDL) or bad cholesterol and triglyceride levels which in turn reduce the risk of cardiovascular disease.
- **Weight Management:** Walnuts have a weight neutral or weight lowering effect which makes them a good choice snack for people who are overweight.
- **Gallstone Disease:** According to a study published in the "American Journal of Clinical Nutrition", frequent nut consumption is associated with a reduced risk of cholecystectomy (a surgical procedure to remove the gallbladder). In another statistical study conducted for over 20 years that included over a million people, it was reported that women who consumed more than 5 ounces of nuts a week had a significantly lower risk of cholecystectomy.

- **Healthy Bones:** Walnuts are a good source of the mineral copper whose deficiency is associated with lower bone mineral density and an increased risk of osteoporosis (a medical condition in which bones become thinner and less dense, making them easier to fracture and break). Copper also plays an important role in the maintenance of collagen (a substance that makes up the building blocks for bone) and elastin and without sufficient copper, the body cannot replace damaged collagen. This condition can lead to a range of other issues including joint dysfunction. Walnuts also contain manganese that has been shown to prevent osteoporosis in combination with the mineral's calcium and copper. Magnesium, another mineral in walnuts, is important for bone formation as it aids in the absorption of calcium into the bone.
- **Walnuts and Epilepsy:** Walnuts are a good source of the mineral manganese whose deficiency has been shown to be associated with epilepsy. People with epilepsy have also been shown to have lower whole blood manganese levels than those without epilepsy.



Did you know?

Walnuts are the oldest tree food known to man, dating back to 7,000 B.C. The ancient Greeks and Romans were well aware that walnuts had special health benefits and wrote extensively of their medicinal uses.





Peanut

The most popular nut

Vitamin B complex, monounsaturated fats, antioxidants, loaded with copper, vitamin C & E

1. Heart-friendly

The presence of high levels of monounsaturated fats and polyunsaturated fats in peanuts help to keep the heart healthy. Oleic acid in peanuts also helps to lower the bad cholesterol and in turn increase the good cholesterol levels in the blood, only to prevent coronary artery disease and strokes by promoting healthy blood lipid profile.

2. Brain food

It is due to the presence of vitamin B3 or niacin that helps improve the functioning of the brain and further boosts memory. They also contain a flavonoid known as resveratrol that helps in improving blood flow to the brain.

3. Aids weight loss

The combination of fiber, fat and protein in peanuts helps keep you full for longer and lowers your appetite. This way, you skip the unnecessary hunger pangs and crave less for junk food that further leads to weight loss. Peanuts are also a good source of energy that help increase the metabolic rate.

4. Helps deal with stress and anxiety

Stress and anxiety are two symptoms of depression; thanks to the amino acid known as tryptophan present in peanuts, which helps in releasing serotonin, a brain chemical that is involved in mood regulation. This compound further helps in keeping you calm and mentally aware.

5. One of the best snacks for diabetics

Peanuts make a great snack option for diabetics due to the presence of manganese, a mineral that plays an important role in metabolizing fat and carbohydrate, calcium absorption and blood sugar regulation. They are known to have a low glycemic index that makes it a perfect go-to snack for diabetics.

6. Good for skin and hair

The monounsaturated fats and vitamins present in peanuts make them beneficial

for the skin. It is also known to contain vitamin C and E that help delay visible signs of ageing. It also contains resveratrol that acts as a potent anti-ageing phytochemical, which also gives you clear and glowing skin. On the other hand, peanuts are good sources of B-vitamins that convert in to biotin only to induce hair growth.

Benefits of Peanut Butter

Each 2-tablespoon (tbsp) serving of smooth peanut butter provides the following nutrients, minerals, and vitamins:

Protein. Peanut butter contains 7.02 grams (g) of protein per 2-tbsp serving. This counts toward the recommended dietary allowances (RDA) for women of 46 g and 56 g for men, which varies by age and activity level.

Magnesium. With 57 milligrams (mg) of magnesium, each serving helps towards the RDA of 400–420 mg in men and 310–320 in women. Magnesium is essential for health, playing a role in over 300 chemical processes in the body.

Phosphorous. Each serving contains 107 mg of phosphorus, which is about 15.3 percent of the RDA of 700 mg for adults. Phosphorus helps the body to build healthy cells and bones and helps cells to produce energy.

Zinc. A serving of peanut butter provides 0.85 mg of zinc. This is 7.7 percent of the recommended daily

intake of 11 mg for men, and 10.6 percent of the RDA of 8 mg for women. Zinc is necessary for immunity, protein synthesis, and DNA formation.

Niacin. Peanut butter contains 4.21 mg of niacin per serving, which makes a useful contribution towards a person's recommended intake of 14 to 16 mg. Niacin benefits digestion

and nerve function and helps produce energy.

Vitamin B-6. With 0.17 g of vitamin B-6 per serving, peanut butter provides almost 14 percent of an adult's RDA of 1.3 mg. Vitamin B-6 plays a role in over 100 enzyme reactions in the body and may be necessary for heart and immune system health.



Did you know?

There are enough peanuts in one acre to make 30,000 peanut butter sandwiches.

As early as 1500 B.C., the Incans of Peru used peanuts as sacrificial offerings and entombed them with their mummies to aid in the spirit life.



Section 2: Research Studies / Clinical Trials

RESEARCH

Studies

Eating Nuts Can Prevent Colon Cancer Recurrence, Claims Study



Colon cancer is the development and spread of cancerous cells in the colon. Though the exact cause of the disease is unknown, a change in the DNA of colon is expected to be the primary cause of the development of colon cancer. A team of experts at the Dana-Farber Cancer Institute in Boston studied the role of nut consumption in colon cancer survivors to conclude that eating at least two ounces (57 grams) of tree nuts a week- roughly 48 almonds or 36 cashews- prevented the risk of a colon cancer relapse. For the research, the team studied the diet pattern of nearly 800 stage 3 colon cancer patients who were already a part of a clinical trial. All the patients had received chemotherapy

and had undergone surgery to treat the disease.

"This study shows that something as simple as eating tree nuts may make a difference in a patient's long-term survival," Daniel Hayes, President of the American Society of Clinical Oncology was quoted by Reuters. The study concluded that those who ate more than two ounces of nuts every week were about 42% less susceptible to cancer recurrence and had 57% lower chance of cancer-associated death. The team emphasized the efficacy of a proper and nutritious diet in cancer management, which is often overlooked. The study was funded by the National Cancer Institute, the National Institutes of Health and Pfizer Inc.

"Numerous studies in the fields of heart disease and diabetes have shown the benefits of nut consumption, and we felt that it was important to determine if these benefits could also apply to colorectal cancer patients," said lead study author Temidayo Fadelu, a clinical fellow in medicine at Dana Farber Cancer Institute.

Another recently published study discussed the effects of a Mediterranean diet and regular

exercising in colon cancer patients whose disease had not spread to any other part of the body. It was noted that the combination of a Mediterranean diet and regular physical activity may reduce the risk of premature death by up to 42% and cut the risk of cancer recurrence.

Colorectal cancer is the third most common cancer in the world with nearly 1.5 million cases reported in the year 2012. Colon and rectal cancers are often clubbed together as colorectal cancer owing to their common features.

New study co-funded by INC reveals nut consumption is associated with reduced weight gain.



This recent study published in the European Journal of Nutrition investigated the association between nut intake and changes in body weight after 5 years of follow-up. Researchers also estimated the risks associated with overweight or obesity after higher nut consumption.

Nuts are energy-dense foods; they can provide 160-200kcal per serving (30g-a handful), so the concern that high nut consumption may lead to weight gain persists. For that reason, the present study aimed at analyzing if a frequent nut intake incorporated into a normocaloric, standard diet leads to weight gain.

373,293 participants were recruited between 1992 and 2000 from 10 European countries in the frame of the European Prospective Investigation into Cancer and Nutrition (EPIC) study. Body weight was measured at the beginning of the study and after a median follow-up of 5 years, and food consumption was assessed by country-specific validated food-frequency questionnaires. Results observed that those participants who consumed more nuts (more than one serving per week) gained less weight when compared to non-consumers. On the other hand, the frequency of nut consumption was associated with a 5% lower risk of becoming overweight or obese. Participants with a normal weight who consumed more nuts (6g/day) had a 5% lower risk of becoming overweight or obese compared with non-nut consumers. At the same time, overweight individuals at baseline also had a 5% lower risk of becoming obese.

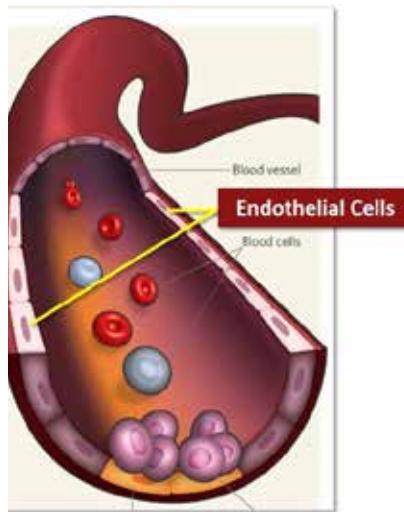
The study concluded that higher nut consumption was associated with less weight gain after 5 years and also a lower risk of overweight or obesity. Thus, these findings support dietary recommendations to increase nut intake and include them in our diet.

"This is the largest study ever conducted, showing that nuts are a non-fattening healthy food" said Dr. Joan Sabate, Professor of Nutrition at Loma Linda University and Senior Investigator of this research.

This study was supported by the INC International Nut and Dried Fruit Council.

Courtesy: <http://www.nutfruit.org/who-we-are/news-and-media/news/detail/new-study-co-funded-by-inc-reveals-nut-consumption-is-associated-with-reduced-weight-gain>

Nuts May Help Improve Endothelial Function, New Scientific Evidence



Cardiovascular disease (CVD) unfortunately remains the leading cause of mortality worldwide. Several studies have observed that nut consumption is associated with a reduced risk of CVD due to their content in bioactive compounds which have multiple potential benefits for CVD prevention

Endothelial dysfunction is considered a precursor for atherosclerosis and an independent predictor of CVD. The endothelium, a monolayer of cells in arterial vessels, contributes to maintaining normal vascular tone and blood fluidity.

Some cardiovascular risk factors including smoking, hypertension, and high LDL-cholesterol levels can directly induce endothelial dysfunction, and a Mediterranean diet supplemented with extra virgin olive oil or nuts improves endothelial markers involved in blood pressure control in hypertensive women.

A recent study has evaluated the effects of peanut consumption on postprandial endothelial function and observed that the intake of 85g/day of peanuts may improve postprandial triglyceride levels and preserve endothelial function. Moreover, walnuts (30g/day) contribute to the improvement of the elasticity of blood vessels, according to the health claim approved by the European Commission in 2012. In addition, it has been reported that daily pistachio consumption may have a positive impact on improving some cardio metabolic risk factors related with alteration in endothelial function.

Collectively, these findings suggest that nut consumption may favourably affect endothelial function.

Courtesy: <http://www.nutfruit.org/who-we-are/news-and-media/news/detail/nuts-may-help-improve-endothelial-function-new-scientific-evidence>

The Nutty Affair: Which Nuts Should You Have Daily and How Many?



Nuts form a significant part of everyday diet for most of us. From consuming a fistful of them as a mid-day snack or sprinkling them over your favourite dessert, they provide the right amount of crunchiness to every meal.

It is definitely true that including nuts in your meal can do great wonders for you - they are a powerhouse of energy, full of natural fibre, proteins, minerals and even unsaturated fats. However, despite the myriad benefits, most people are afraid to consume them because of the precarious myth that they are full of calories. On the contrary, many studies reveal they can accelerate weight loss, lower your risk of higher cholesterol and even make your heart healthier. The secret behind reaping those benefits is having the

right 'portion'. Get this right and you'll be munching away to a healthier you! According to Dr. Ritika Samaddar, Dietics, Max Hospital, "The American research suggests that a person should consume one ounce of nuts per day. That is 20-25 nuts daily."

She added, "The consumption nuts should be a substitution for unhealthy snacking. Since nuts are not zero in calories, they can be consumed as a substitution for unsaturated fats. The healthiest of all nuts are almonds, followed by walnuts and pistachios. But one should always include nuts in their diet in a recommended amount."

Nuts Strengthens Brain, Preserves Memory



More and more studies are revealing that nuts are great for your health, with benefits ranging from better cardiovascular health to boosted memory and cognition. A new study has looked at the brainwaves triggered by nut consumption, and it found further evidence for their cognitive benefits.

Recently, a plethora of studies have pointed to the positive effects of nuts on cognition. For instance, Medical

News Today reported on a study showing that adding more nuts to a Mediterranean diet may protect against age-related cognitive decline and help to preserve memory.

But how do nuts affect actual brain activity? Researchers from Loma Linda University (LLU) Health in Beaumont, CA, set out to investigate. They were led by Dr. Lee Berk, associate dean for research at the LLU School of Allied Health Professions.

Berk and his colleagues started from the observation that nuts have high concentrations of flavonoids — that is, antioxidants believed to have anti-inflammatory, anti-cancerous, and heart protective effects.

As the authors explain in their study, previous research has shown that flavonoids can enter areas of the brain's hippocampus that are responsible for learning and memory.

These flavonoids are thought to induce neuro-protective effects, leading to "neurogenesis," or the "birth" of new neurons, as well as improving the blood flow to the brain.

But how would these benefits translate into the brain's electric activity? The researchers wanted to find out, so they asked study participants who regularly consumed a variety of nuts to let an electroencephalogram (EEG) measure their brain activity. Before the findings were published in The FASEB Journal, they were presented at the Experimental Biology 2017 annual meeting, held in San Diego, CA.

Nuts induce strong gamma and delta waves



For their study, Berk and his colleagues used participants who regularly consumed almonds, cashews, peanuts, pecans, pistachios, and walnuts. These participants were asked to let an EEG measure their brain waves as they were experiencing a "sequence of enhancing sensory awareness tasks ranging from cognition of past experience, visualization, olfaction, taste, and finally consumption of nuts."

Johns Hopkins University researchers have found a brain-training method that improves memory. These sequences were varied so that the EEG could measure wave band activity across nine different cortical regions.

"This study provides," the authors write, "objective evidence that [brain wave strength] for different brain EEG wave bands are modulated differentially by different types of nuts. These data appear to support an association of nuts' health benefits with an increase in [delta waves] and [gamma waves]."

More specifically, peanuts resulted in the strongest delta response, while pistachios produced the highest response in gamma waves. Gamma

waves are associated with perception, rapid eye movement (REM) sleep, and information processing and retention, and they are generally thought to improve cognitive processing.

Delta waves are linked with a healthy immune response and deep, or non-REM, sleep. Both delta and gamma waves were highest with pecan nuts. The researchers also looked at the antioxidant concentration of each different kind of nut and found that walnuts had the highest levels of the substance, followed by pecans and cashews.

Overall, all six nut varieties had high levels of the beneficial antioxidants. This study provides significant beneficial findings by demonstrating that nuts are as good for your brain as they are for the rest of your body."

Berk also hopes that future research will unveil further benefits of nuts on the brain and nervous system. He is known for his previous research into the benefits of flavonoids in dark chocolate, as well as his studies on the health benefits of laughter and happiness.

Source:<https://guardian.ng/features/health/nuts-strengthens-brain-preserves-memory/>

For a healthy heart and long life, munch on a variety of nuts everyday

If you're looking for superfoods to remain healthy, this is it. Include nuts in your diet plan. Eating five



weekly servings of walnuts, peanuts or other kinds of tree nuts was linked to a 14% lower risk of cardiovascular disease, and a 20% lower risk of fatal complications due to hardened arteries, said the report in the Journal of the American College of Cardiology.

Walnuts appeared to be the healthiest option, according to the findings, based on more than 210,000 people who answered regular surveys as part of a nurses' study that spanned 32 years. "After looking at individual nut consumption, eating walnuts one or more times per week was associated with a 19% lower risk of cardiovascular disease and 21% lower risk of coronary heart disease," said the report. People who ate peanuts two or more times per week had a 13% lower risk of heart disease than people who ate none. Those who ate tree nuts, such as almonds, cashews, chestnuts and pistachios, had a 15% lower risk of heart disease.

"Our findings support recommendations of increasing the intake of a variety of nuts, as part of healthy dietary patterns, to reduce the risk of chronic disease in the general populations," said lead author Marta Guasch-Ferre, a research fellow at the department of nutrition at Harvard T.H. Chan School of Public Health.

Many past studies have examined the role of eating nuts on people's health. Researchers said this one stands out due to its size and the way it looked at the association between specific types of nuts and major cardiovascular events.

However, because it was an observational study based on self-reported questionnaire responses, it was unable to prove cause-and-effect. "Ideally, further investigations should test the effects of long-term consumption of nuts supplemented into the usual diet on hard cardiometabolic events," said an accompanying editorial by Emilio Ros, a doctor at the Hospital Clinic in Barcelona. "In the meantime, raw nuts, if possible unpeeled and otherwise unprocessed, may be considered as natural health capsules that can be easily incorporated into any heart-protective diet to further cardiovascular well-being and promote healthy aging."

Want to Improve Your Intestinal Health? Eat Nuts and Dried Fruits!



A new recently study published in The Journal of Nutrition comes to the conclusion that eating walnuts is an adequate way of keeping "bad" cholesterol on track but also of improving the so-called gastrointestinal microbiota.

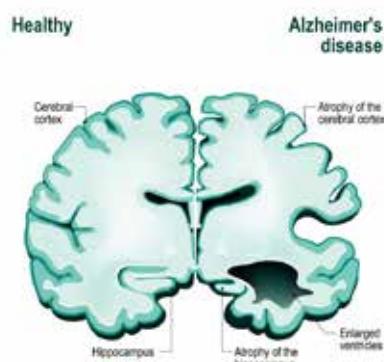
A new recently study published in The Journal of Nutrition comes to the conclusion that eating walnuts is an adequate way of keeping "bad" cholesterol on track but also of improving the so-called gastrointestinal microbiota, which is simply the medical term for intestinal tract.

Results showed that walnut intake may have an effect on the intestinal tract by increasing beneficial bacteria while reducing bile acids and "bad" cholesterol. Is there a more delicious way to get healthy? We don't think so!

Human gastrointestinal tract might not be an easy-to-remember term but it should not be undermined. It has one of the body's most densely populated microbial communities. More than 1,000 microorganisms, mainly bacteria, reside there. Microbial communities are indeed important because they contribute much to our health.

The Role of Nuts on Alzheimer's Disease

This recent study published in Pharmacological research paid special attention to the role of almonds, hazelnuts and walnuts as possible preventive agents against brain's atrophy and memory loss.



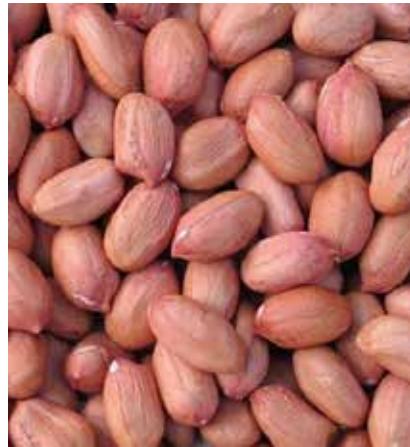
The main objective of the study was a pharmacological review of the bioactive constituents of the above mentioned tree nuts, as effective supplements and natural medicinal foods in Alzheimer's Disease (AD) patients.

PubMed and ScienceDirect databases were used to search AD-related researches on these tree nuts from year 2000 to present. Results showed that almonds, hazelnuts and walnuts provide macronutrients, micronutrients, and phytochemicals which may affect several pathways in AD pathogenesis, such as oxidative stress, cholesterol lowering and anti-inflammatory properties, among others.

These nuts have been recommended for their brain-protective activity and particularly reversing brain atrophy in the case of hazelnut. The study concluded that the use of these tree nuts could be more considered in scientific researches as effective nutrients for prevention or even management of AD, thanks to their nutritional composition, specially to their phytochemicals content.

Source: <https://www.nutfruit.org/health-professionals/news/detail/the-role-of-nuts-on-alzheimer-s-disease>

Almonds, Peanuts and Cashews May Boost Colon Cancer Survival Rate: Study



The study said people who have colon cancer and are regularly having nuts may have higher survival rate.

A handful of nuts like almonds, walnuts, hazelnuts, cashews and peanuts may help lower the risk of colon cancer recurrence and mortality, claims a new study. The study said people who have colon cancer and are regularly having these nuts may have higher survival rate.

The study published in the Journal of Clinical Oncology showed that those who regularly consumed at least two, one-ounce servings of nuts each week showed a 42 per cent improvement in disease-free survival and a 57 per cent improvement in overall survival. The study also revealed that patients with stage III colon cancer, recurrence was reduced by nearly half.

For the study, the researchers followed 826 participants in a clinical trial for a median of 6.5 years after

they were treated with surgery and chemotherapy.

"These findings are in keeping with several other observational studies that indicate that a slew of healthy behaviors, including increased physical activity, keeping a healthy weight, and lower intake of sugar and sweetened beverages, improve colon cancer outcomes," said lead author Temidayo Fadelu, postdoctoral student at Dana-Farber Cancer Institute in Boston.

"The results highlight the importance of emphasizing dietary and life-style factors in colon cancer survivorship," Fadelu added.

The researchers said that there are many misconceptions regarding nuts that often discourage patients to load up on these nutritious superfoods. Patients may not be eating nuts due to concerns about the high fat content and that increasing nut consumption will lead to obesity.

On the contrary, "our studies, and across the scientific literature in general, have found regular consumers of nuts tend to be leaner", explained Charles S. Fuchs, Director at Yale Cancer Centre in the US.

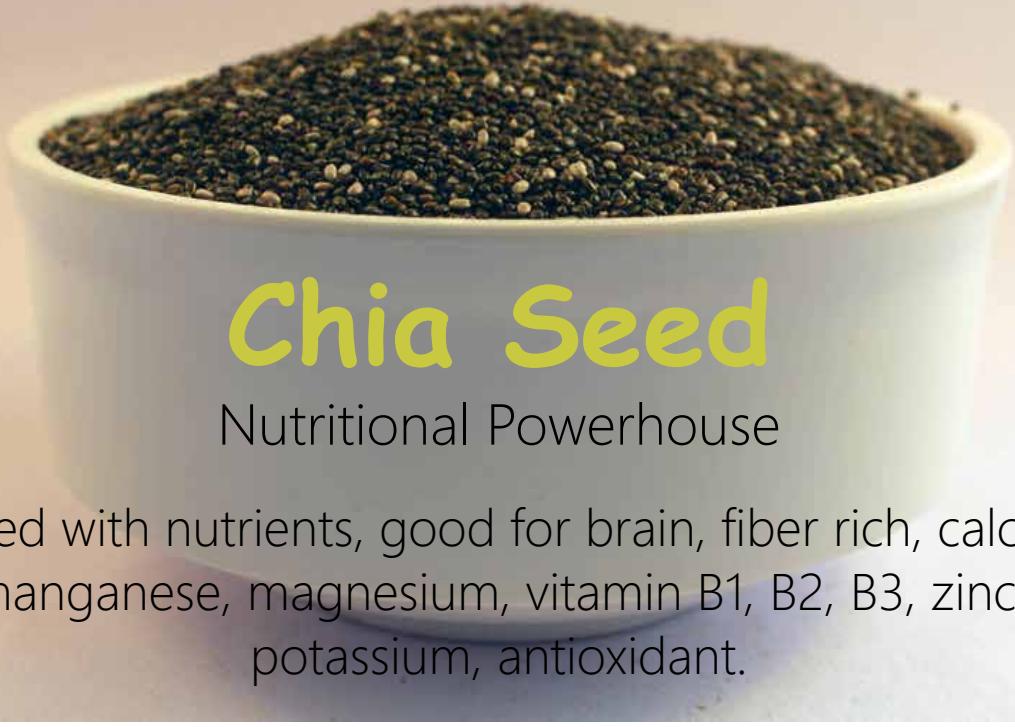
Several previous studies have also reported that nuts also help to reduce insulin resistance. "These studies support the hypothesis that behaviors that make you less insulin resistant, including eating nuts, seem to improve outcomes in colon cancer," Fuchs said.

In addition to this, nuts can also prove to be one of your best companions for weight loss. Nuts can satisfy hunger with fewer intakes of carbohydrates or other foods associated with poor outcomes, Fuchs noted.

Source:<https://www.ndtv.com/food/almonds-peanuts-and-cashews-may-boost-colon-cancer-survival-rate-study-1819121>



Section 3: Edible Seeds



Chia Seed

Nutritional Powerhouse

Loaded with nutrients, good for brain, fiber rich, calcium, manganese, magnesium, vitamin B1, B2, B3, zinc, potassium, antioxidant.

Chia Seeds Deliver a Massive Amount of Nutrients With Very Few Calories & are loaded with antioxidants & fiber.

High in Quality Protein

Chia seeds contain a decent amount of protein. By weight, they're about 14% protein, which is very high compared to most plants. They also have a good balance of essential amino acids, so your body should be able to make use of their protein content.

Protein has various health benefits and is by far the most weight loss friendly dietary nutrient.

Helps in Weight Loss

Many health experts believe that chia seeds can aid weight loss. Its soluble fiber absorbs large amounts of water and expands in your stomach, which should increase fullness and slow the absorption of food. Several studies have examined the soluble fiber glucomannan, which works in a similar way, showing that it can lead to weight loss. Also, the protein in chia seeds could help reduce appetite and food intake.

High in Omega-3 Fatty Acids

Like flaxseeds, chia seeds are very high in omega-3 fatty acids. In fact, chia seeds contain more omega-3s than salmon, gram for gram. However, it's important to keep in mind that the omega-3s in them are mostly ALA (alpha-linolenic acid), which is not as beneficial as you may think. ALA needs to be converted into the active forms eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) before your body can use it.

Lower Your Risk of Heart Disease

Given that chia seeds are high in fiber, protein and omega-3s, they may reduce your risk of heart disease. Their benefits have been examined

in several studies, but the results have been inconclusive. Rat studies have shown that chia seeds can lower certain risk factors, including triglycerides, inflammation, insulin resistance and belly fat. They may also raise "good" HDL cholesterol.

Important Bone Nutrients

Chia seeds are high in several nutrients that are important for bone health. This includes calcium, phosphorus, magnesium and protein. The calcium content is particularly impressive — 18% of the RDI in a single ounce (28 grams).

May Reduce Blood Sugar Levels

High fasting blood sugar levels are a typical symptom of untreated type 2 diabetes. Consistently high fasting blood sugar levels are associated with an increased risk of several chronic diseases, including heart disease. But temporary spikes in blood sugar levels after meals may also have adverse health effects when they're excessively high on a regular basis.

They May Reduce Chronic Inflammation

Inflammation is your body's normal response to infection or injury. Red and swollen skin is a typical example. Although inflammation helps your body heal and fight off bacteria, viruses and other infectious agents, it can sometimes cause harm. This mainly applies to chronic inflammation, which is associated with an increased risk of heart disease and cancer. Chronic inflammation often doesn't have any visible signs, but can be assessed by measuring inflammatory markers in your blood.



Did you know?

That Chia seeds are called a nutritional powerhouse food because they have...

15 times more magnesium than broccoli

8 times more omega-3 than wild salmon

7 times more vitamin c than oranges

6 times more protein than kidney beans

5 times more calcium than milk

3 times more iron than spinach

3 times more antioxidants than blueberries



Flaxseed

Super Food Packed in Tiny Seed

Omega-3, protein, fiber, antioxidant,
loaded with nutrients,

Flaxseed is chock-full of omega-3 fatty acids

Flaxseed contains a plant-based type of omega-3 fatty acid called alpha-linolenic acid, or ALA, which has been tied to improved circulation and anti-inflammatory effects. Research shows that these fats may also help fight osteoporosis by reducing the risk of bone fractures, and offer modest protection against type 2 diabetes.

cell structures and supports bone health. Copper is involved with energy and collagen production, and is needed to make red blood cells, which carry oxygen throughout the body. Thiamin also plays a role in energy production, and helps support the nervous system as well.

Flaxseed is high in potent antioxidants too

Flaxseed is a top source of particularly health-protective antioxidants called polyphenols. These antioxidants are thought to protect against heart disease and cancer, as well as cell-damaging oxidative stress—which means they may help fend off premature aging and neurodegenerative diseases (like Alzheimer's and Parkinson's) too.

Fiber, protein, and more

A two tablespoon portion of flaxseeds contains 6 grams of fiber (about a quarter of the recommended amount), 4-5 grams of plant protein, and 10% to 20% of the daily target for several nutrients, including magnesium, manganese, phosphorus, copper, and thiamin. Magnesium helps improve mood and sleep, while manganese plays a role in collagen production and promotes skin and bone health. Phosphorus helps form

Flaxseed is good for your heart in more ways than one

The good fats in flaxseed help reduce blood pressure, stave off artery hardening, lower "bad" LDL cholesterol, and prevent strokes. One study in people with high cholesterol found that the consumption of three tablespoons of flaxseed powder daily for three months reduced "bad" LDL cholesterol by almost 20%, and lowered total cholesterol by more than 15%.

Flaxseed fiber aids digestion

Flaxseed contains both soluble fiber and insoluble fiber. Soluble fiber helps soften stool, so it can pass through the GI tracts and be eliminated more easily. Insoluble fiber helps stimulate the digestive system to move waste through the gut and promote bowel regularity. The two types of fiber work together to support digestive health.

Flaxseed may help lower cancer risk

Flaxseed has been shown to prevent the development of tumors, particularly cancers of the breast, prostate, and colon. That may be because flax is rich in lignans. These plant compounds are thought to have antiangiogenic properties, which means they may stop tumors from forming new blood vessels and growing. One study involving more than 6,000 women, found that those who regularly consumed flaxseed were 18% less likely to develop breast cancer.

Flaxseed might curb diabetes risk

The lignans in flaxseed are also linked to improved levels of HbA1C, a measure of average blood sugar over three months. The seeds may also help curb diabetes risk in other ways, too. In one small study, scientists gave people 0g, 13g, or 26g of flaxseed daily for 12 weeks. The participants all had prediabetes, and included obese men and post-menopausal overweight women. The people in the group who consumed 13g of flaxseed a day had lower blood glucose and insulin levels, and improved insulin sensitivity at the end of the study period.

Flaxseed could give you more supple skin

One small study found that giving women flaxseed oil led to significant decreases in skin sensitivity, and reduced skin roughness, and scaling, all while improving skin hydration and smoothness.

Flaxseed may be helpful for weight loss

Most of the soluble fiber in flaxseeds is called mucilage. This fiber combines with water to form a gel-like

consistency that slows the emptying of the stomach; that leads to increased feelings of fullness, and delays the return of hunger. A meta-analysis of 45 studies concluded that the consumption of flaxseed (particularly 30 grams a day, or about two tablespoons) resulted in reductions in both body weight and waist measurement.

Flaxseed might even improve hot flashes

The research is mixed, but some studies suggest flaxseed can help with this symptom of perimenopause. One study found that women who consumed 20 grams of crushed flaxseed twice a day, mixed into cereal, juice, or yogurt, had half as many hot flashes as they did before. The intensity of their hot flashes dropped too, by more than 50%.



Did you know?

The plant originated in India but has been farmed across the world for thousands of years. Archeologists discovered evidence that flax was cultivated in ancient Babylon as early as 3,000 b.c. Today, in Europe and Asia, a tall variety of flax is grown primarily for its fibers, which are used to make linen.



Pumpkin Seed

Small Seed Packed with
Big Benefits

Valuable nutrients, healthy fats,
magnesium, zinc, helps prostate
health, protection against cancer.

Full of Valuable Nutrients

One ounce (28 grams) of shell-free pumpkin seeds has roughly 151 calories, mainly from fat and protein. They also contain a lot of antioxidants and a decent amount of polyunsaturated fatty acids, potassium, vitamin B2 (riboflavin) and folate. Pumpkin seeds and seed oil also pack many other nutrients and plant compounds that have been shown to provide health benefits.

High in Antioxidants

Pumpkin seeds contain antioxidants like carotenoids and vitamin E. Antioxidants can reduce inflammation and protect your cells from harmful free radicals. That's why consuming foods rich in antioxidants can help protect against many diseases (7Trusted Source). It's thought that the high levels of antioxidants in pumpkins seeds are partly responsible for their positive effects on health. In one study, pumpkin seed oil reduced inflammation in rats with arthritis without side effects, whereas animals given an anti-inflammatory drug experienced adverse effect.

Linked to a Reduced Risk of Certain Cancers

Diets rich in pumpkin seeds have been associated with a reduced risk of stomach, breast, lung, prostate and colon cancers. A large observational study found that eating them was associated with a reduced risk of breast cancer in postmenopausal women. Others studies suggest that the lignans in pumpkin seeds may play a key role in preventing and treating breast cancer.

Further test-tube studies found that a supplement containing pumpkin seeds had the potential to slow down the growth of prostate cancer cells.

Improve Prostate and Bladder Health

Pumpkin seeds may help relieve symptoms of benign prostatic hyperplasia (BPH), a condition in which the prostate gland enlarges, causing problems with urination.

Several studies in humans found that eating these seeds reduced symptoms associated with BPH. In a one-year study in over 1,400 men with BPH, pumpkin seed consumption reduced symptoms and improved quality of life.

Further research suggests that taking pumpkin seeds or their products as supplements can help treat symptoms of an overactive bladder. One study in 45 men and women with overactive bladders found that 10 grams of pumpkin seed extract daily improved urinary function.

Very High in Magnesium

Pumpkin seeds are one of the best natural sources of magnesium — a mineral that is often lacking in the diets of many Western populations. In the US, around 79% of adults have a magnesium intake below the recommended daily amount. Magnesium is needed for more than 600 chemical reactions in your body.

May Improve Heart Health

Pumpkin seeds are a good source of antioxidants, magnesium, zinc and fatty acids — all of which may help keep your heart healthy. Animal studies have also shown that pumpkin seed oil may reduce high blood pressure and high cholesterol levels — two important risk factors for heart disease.

A 12-week study in 35 postmenopausal women found that pumpkin seed oil supplements reduced diastolic blood pressure (the bottom number of a reading) by 7% and increased "good" HDL cholesterol levels by 16%.

Can Lower Blood Sugar Levels

Animal studies have shown that

pumpkin, pumpkin seeds, pumpkin seed powder and pumpkin juice can reduce blood sugar. This is especially important for people with diabetes, who may struggle to control their blood sugar levels. Several studies have found that supplementing with pumpkin juice or seed powder reduced blood sugar levels in people with type 2 diabetes.

High in Fiber

Pumpkin seeds are a great source of dietary fiber — shelled seeds provide 1.1 grams of fiber in a single 1-oz (28-gram) serving. A diet high in fiber can promote good digestive health.

May Improve Sperm Quality

Low zinc levels are associated with reduced sperm quality and an increased risk of infertility in men. Since pumpkin seeds are a rich source of zinc, they may improve sperm quality. Evidence from one study in mice suggests they may also protect human sperm from damage caused by chemotherapy and autoimmune diseases.

May Help Improve Sleep

If you have trouble sleeping, you may want to eat some pumpkin seeds before bed. They're a natural source of tryptophan, an amino acid that can help promote sleep. Consuming around 1 gram of tryptophan daily is thought to improve sleep.

Easy to Add to Your Diet

If you want to experience the benefits of pumpkin seeds, they're easy to incorporate into your diet. In many countries, they're a popular snack that can be eaten either raw or roasted, salted or unsalted. Besides eating them on their own, you can add them to smoothies, Greek yogurt and fruit. You could incorporate them into meals by sprinkling them into salads, soups or cereals. Some people use pumpkin seeds in baking, as an ingredient for sweet or savory bread and cakes.

Did you know?

Pumpkins were named after the Greek word for large melon – 'pepon' & they date back as far as 7000 BC.





Sunflower Seed

Power-Packed Seed

Healthy fat, loads of vitamins, minerals, diabetes and heart friendly

C-reactive protein levels. Flavonoids and other plant compounds in sunflower seeds also help reduce inflammation.

Heart Disease

High blood pressure is a major risk factor for heart disease, which can lead to heart attack or stroke. A compound in sunflower seeds blocks an enzyme that causes blood vessels to constrict. As a result, it may help your blood vessels relax, lowering your blood pressure. The magnesium in sunflower seeds helps reduce blood pressure levels as well. Additionally, sunflower seeds are rich in unsaturated fatty acids, especially linoleic acid. Your body uses linoleic acid to make a hormone-like compound that relaxes blood vessels, promoting lower blood pressure. This fatty acid also helps lower cholesterol. In a 3-week study, women with type 2 diabetes who

Health Benefits

Sunflower seeds may help lower blood pressure, cholesterol and blood sugar as they contain vitamin E, magnesium, protein, linoleic fatty acids and several plant compounds.

Inflammation

While short-term inflammation is a natural immune response, chronic inflammation is a risk factor for many chronic diseases. For example, increased blood levels of the inflammatory marker C-reactive protein is linked to an increased risk of heart disease and type 2 diabetes. In a study in more than 6,000 adults, those who reported eating sunflower seeds and other seeds at least five times a week had 32% lower levels of C-reactive protein compared to people who ate no seeds. Though this type of study cannot prove cause and effect, it is known that vitamin E — which is abundant in sunflower seeds — helps lower

ate 1 ounce (30 grams) of sunflower seeds daily as part of a balanced diet experienced a 5% drop in systolic blood pressure. Participants also noted a 9% and 12% decrease in "bad" LDL cholesterol and triglycerides, respectively. Furthermore, in a review of 13 studies, people with the highest linoleic acid intake had a 15% lower risk of heart disease events, such as heart attack, and a 21% lower risk of dying of heart disease, compared to those with the lowest intake.

Diabetes

The effects of sunflower seeds on blood sugar and type 2 diabetes have been tested in a few studies and seem promising, but more research is needed. Studies suggest that people who eat 1 ounce (30 grams) of sunflower seeds daily as part of a healthy diet may reduce fasting blood sugar by about 10% within six months, compared to a healthy diet alone. The blood-sugar-lowering effect of sunflower seeds may partially be due to the plant compound chlorogenic acid. Studies also suggest that adding sunflower seeds to foods like bread may help decrease carbs' effect on your blood sugar. The seeds' protein and fat slow the rate at which your stomach empties, allowing a more gradual release of sugar from carbs.

Did you know?

Not all sunflowers are yellow. A universal fact most people know is sunflowers are yellow. However, a sunflower's pigment doesn't stop there. Sunflowers can even be red and purple!





Section 4: Nuts in Vegan Diet



WHAT DOES VEGAN MEAN?

A vegan diet is a strict form of vegetarianism and is characterized by the total avoidance of products derived from animals. Vegans do not consume any kind of meat, seafood, dairy-products, eggs or any other animal product, such as honey or gelatin. A balanced vegan diet is consisting of plant based foods including fruits, vegetables, legumes, nuts, seeds and grains.

There are only few studies including vegans as an experimental group, but when vegan diets are directly compared to vegetarian and omnivorous diets, they show a variety of protective health benefits. Vegetarian diets conferred protection against metabolic and cardiovascular diseases and also some cancers. Vegan diets in particular provided additional protection against obesity, hypertension, type 2 diabetes, cardiovascular mortality and showed a reduced risk of incidence from total cancer.

Cashew in Vegan Diet

If you're beginning the transition to **following a plant-based diet**, you probably want the switch to be as pain-free as possible. To do this, we can identify certain go-to ingredients that just make plant-based eating much easier to swallow. One of these ingredients that you should always keep in your cupboard are cashews!

Cashews are one of the best plant-based alternatives to dairy. You can blend cashews to make cheese, milk, cream and dips, allowing you to enjoy the creamy taste and texture that we love, without the nasty consequences of consuming dairy products. Awesome, right?

Instead of allowing dairy to wreak havoc on your system, using cashew nuts as a base in your meals will benefit your health. Nuts are a great plant-based source of antioxidants. An analysis of four studies showed that subjects who consumed nuts more than four times a week lowered their risk of heart disease by 37% compared to those who didn't eat nuts. Cashews contain high levels of copper, which is essential for energy, strong bones and flexibility of blood vessels. And, out of all nuts, cashews are one of the lowest in fat.

As well as helping to support your overall health, making cashews a staple in your kitchen will allow you to make so many tasty dishes.

Take a read and find out why you should count on cashews.

.....

1

Make Creamy, Indulgent Desserts With Cashews (and no Dairy!)

2

They'll Replace Your Dairy Cheese

3

They Make Great Milk for Cereals, Hot Drinks and Smoothies

4

You Can Funk Up Your Dishes With Your Own Sauces!

5

Treasure Your Love for Creamy Comfort Foods

6

You Can Munch on Cashews as a Quick Energizing Snack

.....

10 vegan Food Hacks with Cashews



1. Cashew Milk

Cashews are naturally creamy and make delicious milk when blended with water.



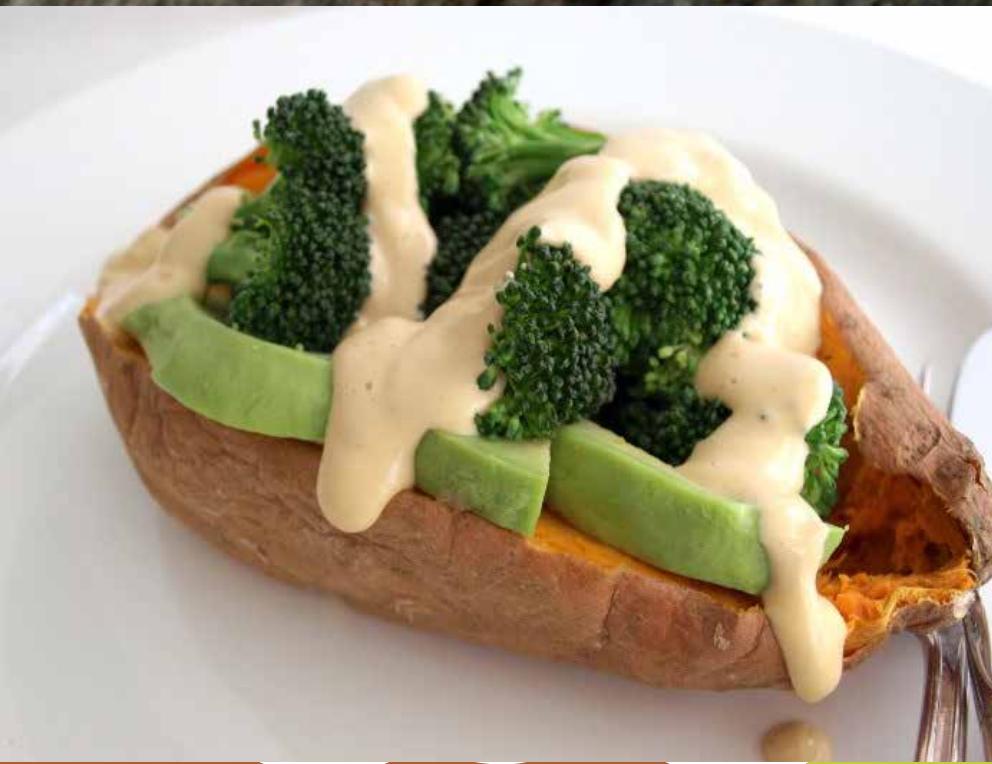
2. Cashew Cheese

The latest trend in vegan cheese is making your own. From creamy cheese spreads to firm blocks of sliceable cheese, cashews make it possible to satisfy your cheese cravings with none of the cruelty.



3. Sweet Cashew Cream

Cashews can be used to make a sweet cream for cakes and pies or as a drizzle for fresh fruit and other desserts.



4. Savory Cashew Cream

Using the same base of cashews blended with water or milk, you can also make a savory cashew cream.



6. Cashew Butter

Everyone loves peanut butter but when you're up for a change, try cashew butter. It's rich, creamy and a little more grown-up than peanut butter. You can buy jars of cashew butter but it's so easy and more economical to make it yourself.

5. Vegan Cheesecake

Cheesecake is one of people's favorite desserts. It's rich, creamy and decadent. It can also be dairy-free thanks to cashews.



7. Thick & Creamy Soups

One way to thicken soups while adding rich flavor is to add ground cashews or cashew butter. Adding blended cashews to soups is a smart way to make creamed soups without dairy. It also adds healthy fats and protein to your soups.



8. Ice Cream

Blend up some cashews with non-dairy milk, something sweet and some vanilla and you have your own homemade ice cream.



9. Condiments

It can get pretty pricey to buy lots of condiments and they may not always have ingredients you can feel good about. As long as you have cashews, you can make your own condiments.



10. Pasta Sauce

One of my favorite pasta sauces is Alfredo Sauce which is rich, thick and luxuriant. You can feel better about eating it when you make it with healthy cashews.

Nuts: A Delicious & Remarkably Healthful Vegan Food



There are a number of excellent reasons to incorporate a small amount of nuts into your everyday diet. They are delicious, filling, full of protein, and the perfect snack.

What's more, a substantial body of nutritional research indicates that regular consumption of nuts is associated with a variety of health benefits. A 2015 Oxford University study concluded: "Men and women who eat at least 10 grams of nuts or peanuts per day have a lower risk of dying from several major causes of death than people who don't consume nuts or peanuts."

Eat a Variety of Nuts

Most people have barely scratched the surface when it comes to trying the wide variety of nuts available: almonds, pistachios, hazelnuts, pine nuts, pecans, cashews, and Macadamia nuts are all delicious. And a couple others—walnuts and Brazil nuts—deserve special mention for nutritional reasons. Walnuts are one of the few rich plant-based sources of Omega 3s. And Brazil nuts are one of very few foods that contain significant amounts of selenium, an essential trace mineral.

And of course there are also peanuts, which aren't actually a nut at all but a legume. Happily, as it turns out, peanuts appear to have the very same health benefits as actual tree nuts. What's more, peanuts are generally less than half the price of even the cheapest nut varieties. When buying peanuts, choose organic. Farmers often grow conventionally-grown peanuts in rotation with

cotton—a crop commonly doused with pesticides.

If there are nuts grown locally to you, you can probably find them at your local farmer's market. But if you want a wide variety of nuts, you should either buy online or from the bulk bins at your local natural foods store. That's because even nut-growing regions only produce one or two varieties. Cashews, pine nuts, and Brazil nuts all come from the far corners of the planet.

Roasted nuts go rancid more quickly than do raw nuts, so they should always be stored in the refrigerator. In this respect, roasted nuts are like coffee—just like serious coffee drinkers strive to only drink freshly-roasted coffee, the flavors of roasted nuts rapidly diminish over time. With that in mind you may decide to avoid roasted nuts sold by your natural foods store as they are invariably weeks or months old by the time of purchase.

Fortunately it's easy to buy raw nuts and roast them at home. Almonds are a great nut to start with. Using a wok and a tiny amount of oil, cook a cup-full of almonds over medium heat, stirring constantly. After five or ten minutes remove one almond and cut it in half. If the white interior has begun to tan they're about ready. If you like, pour a tablespoon of tamari or maple syrup over the almonds and keep stirring for a couple more minutes as the liquid evaporates. Next just pour your almonds onto a plate and when they've cooled transfer them to a mason jar. Seal the lid and refrigerate.

Butters, Milks, Cheeses & Garnishes



There are a number of ways to add nuts to your diet besides eating them whole. One obvious way is to purchase nut butters. While peanut butter is by far the most popular such product, any nut can be ground into butter. Almond, cashew, and hazelnut butter are widely available. Many natural food stores also stock Macadamia nut butter and pistachio butter—both of which are outrageously expensive but sublime. A regular blender won't be powerful to make nut butter, but a Blendtec or Vitamix can do the job, as will any higher end food processor. Even better is to use a specialized nut grinder or a Champion Juicer with the grinding blank inserted.

Nut butters are good for far more than sandwich spreads—they're also an incredibly versatile cooking ingredient. If you've never had peanut sauce over noodles or brown rice you don't know what you're missing. And peanut sauce is only the beginning of your nut butter cooking possibilities. There are several all-vegan cookbooks solely devoted to nut recipes, including Robin

Robertson's *The Nut Butter Cookbook*, and Zel Allen's *The Nut Gourmet*.

Nuts can be blended with water to produce creamy nut milks. You can purchase nut milks at the grocery store—almond and cashew are the most common varieties—but it's quite simple to make nut milks yourself at home if you have a high powered blender. Unless filtered with cheesecloth or a fine mesh strainer, sediment will form at the bottom of the bottle. That sediment is nutrient-rich though, so shaking before serving is a more healthful option than filtering.

Maybe the most exciting use for nuts is for vegan cheese. Most of the higher end commercial brands of vegan cheese are based on ground cultured nuts. Vegan cheeses are surprisingly easy to eat at home, and there's an entire cookbook devoted to nut-based vegan cheese.

One of the best and easiest uses for nuts is to chop them for use as a

garnish. Chopped almonds are an amazing salad topping, and add flavor, crunch, and satiety to a dish that might otherwise leave you hungry thirty minutes later. Chopped peanuts are likewise a marvelous addition to soups, noodles, and spring rolls.

Are Almonds Really Vegan?

Almond Milk is Killing Bees

A new report has found that almond milk is responsible for killing bees. A popular dairy-free alternative, almond milk is actually doing more environmental harm than we thought, according to reporting from the Guardian.

California is responsible for 80% of the world's almond supply. Almond farmers are now using commercial beekeepers to pollinate their almond groves. But the beekeepers are seeing the bees they sent to almond farmers come back ill.

50 million bees died between 2018 and 2019, according to reports. Almond crops are treated with an excess of pesticides, which is harmful to bee populations. Almonds also require bees to wake up from hibernation early to attend to the crop season.

Patrick Pynes, an organic beekeeper in Arizona told the Guardian, "The bees in the almond groves are being exploited and disrespected. They are in severe decline because our human relationship to them has become so destructive."

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List of Abbreviation

USDA	United States Department of Agriculture
NCBI	The National Centre for Biotechnology Information
LDL	Low-Density Lipoprotein
HDL	High Density Lipoprotein
UV	Ultraviolet Radiation
MDRF	Madras Diabetes Research Foundation
CVD	Cardio Vascular Disease
OZ	Ounce
DNA	Deoxyribo Nucleic Acid
GI	Glycemic Index
Kg	Kilo Gram
DV	Daily Value
USA	United States of America
BC	Before Christ
INC	International Nut and Dried Fruit Council
EPIC	European Prospective Investigation into Cancer and Nutrition
g/day	Gram Per Day
LLU	Loma Linda University
EEG	Electro EncePhalogram
FASEB	Federation of American Societies for Experimental Biology
CA	California
REM	Rapid Eye Movement
AD	Alzheimer's Disease
ALA	Alpha-Linolenic Acid
EPA	Eicosa Pentaenoic Acid
DHA	Docosa Hexaenoic Acid
RDI	Reference Daily Intake
GI	Gastro Intestinal
HA1C	Hemoglobin A ₁ C
BPH	Benign Prostatic Hyperplasia

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