



Are You Going Nuts?

Are all nuts the same? Nuts vary somewhat in their nutritional composition, but they are more similar than they are different. Chestnuts are unique in that they are quite low in fat and higher in carbohydrate than other nuts. Other than that exception, most nuts tend to contain 160 to 190 calories per ounce and provide similar levels of protein. Nuts are relatively high in fat, but most of that fat is unsaturated, and therefore does not tend to raise blood cholesterol. In fact, in studies in which various nuts have been used as a substitute for high-fat meats and fatty snacks, levels of LDL ("bad") cholesterol in the blood have fallen from 8 to 21 percent. Each variety of nuts offers nutritional benefits. Almonds supply vitamin E, and walnuts supply small amounts of healthful omega-3 fat. Enjoy a wide variety of nuts. Just remember to use them instead of fatty or excess meat, or high-fat snack foods, not in addition to them. And keep in mind that a serving size is only one-third of a cup.

For more information on nutrition and a healthy diet, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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