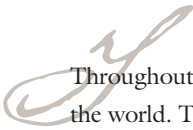


*Go*  
**Nuts**  
*Go*  
*Healthy*






Throughout history, nuts have been a food staple around the world. Tree nuts are a traditional part of many ethnic cuisines, providing rich flavors that complement just about any herb, spice, fruit, vegetable, cheese or meat. Almonds, Brazils, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts...tree nuts are always a hit and a delicious addition to just about any recipe. As part of a main dish, salad, sandwich or dessert, or as snacks to enjoy for a casual party, nuts are as tasty as they are versatile.



And now there's another reason to eat nuts—the U.S. Food and Drug Administration recently announced a new qualified health claim for nuts and heart disease: “Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.”

## *Did You Know That...*



Tree nuts are cholesterol-free and chock-full of important nutrients, including protein and fiber. They're also a great source of vitamins such as folic acid, niacin and vitamins E and B<sub>6</sub>, and minerals like magnesium, copper, zinc, selenium, phosphorus and potassium.

**ON AVERAGE, 85% OF THE FAT  
IN NUTS IS UNSATURATED**

Yes, nuts are relatively high in fat, but most of that fat is unsaturated. It's important to look at not only the *amount* of fat you eat, but also the *type* of fat. Saturated fat can raise blood cholesterol levels, which can increase the risk of heart attack or stroke. Unsaturated fats, such as polyunsaturated and monounsaturated fats, can actually decrease low-density lipoprotein (LDL, or “bad” cholesterol) levels.

ALL THREE TYPES OF FATS ARE FOUND IN VARYING AMOUNTS IN FOODS:

- **Monounsaturated fats** are often liquid at room temperature and come mostly from plant foods such as avocados, olive oil and nuts including almonds, cashews, hazelnuts, macadamias, pecans and pistachios.
- **Polyunsaturated fats** are often liquid at room temperature and come mostly from plant foods such as walnuts, safflower, corn and sunflower oils.
- **Saturated fats** are often solid at room temperature and are found mostly in animal foods like lard, butter, the fat on meat and skin on chicken.



**EATING NUTS MAY HELP  
REDUCE THE  
RISK FOR HEART  
DISEASE**

Recent medical studies indicate that nuts may play an important role in reducing the risk for heart disease. In one study, researchers found that although the benefits were greatest for frequent nut eaters, people who ate nuts even once a week had 25% less heart disease than those who avoided nuts completely. In another study, women

who ate five or more ounces of nuts per week had one-third fewer heart attacks than those who rarely or never ate nuts. Similar findings have been seen in men.

*Tips for Toasting...*

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



**MONOUNSATURATED FATS**

Numerous studies have looked at the effect of monounsaturated fats on LDL (“bad”) cholesterol. It appears that a diet high in monounsaturated fats can reduce the level of artery-damaging LDL cholesterol without lowering HDL cholesterol (high-density lipoprotein, or “good” cholesterol). In one study, people who had been following a low-fat diet (30 percent of calories from fat) were asked to increase their fat intake to 37 percent of calories. The additional dietary fat came from nuts and was primarily monounsaturated. Even with

a higher fat intake, the study participants saw reductions in their LDL cholesterol levels.



### **OMEGA-3 FATTY ACIDS**

Omega-3 fatty acids are commonly found in fish oils, but did you know that walnuts are a great “non-fish” source of this important nutrient? In

addition to helping fight heart disease, omega-3’s have also shown promise against arthritis and other inflammatory diseases.

### *Coat for Flavor...*

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

### **YOU CAN EAT NUTS – EVEN IF YOU’RE WATCHING YOUR WEIGHT**

Experts have found that including nuts in the diet does not appear to cause weight gain as long as total calories are controlled.

Furthermore, eating just a handful (or 1<sup>1</sup>/<sub>2</sub> ounces) of nuts a day may help curb your appetite.

### **NUTS CONTAIN ANTIOXIDANTS AND PHYTOCHEMICALS**



Researchers are continually discovering important information about the roles of antioxidants and phytochemicals in the prevention of chronic disease. Antioxidants protect against oxidation, or damage to cells in the body. Oxidation may play a role in the development of cancer, diabetes, heart and lung disease and cataracts. Common examples of oxidation in everyday life include the rusting of metal and the browning of fruit. Several recent studies show that vitamin E, specifically, may reduce the risk for cardiovascular disease and certain cancers. Some nuts, including almonds, hazelnuts, pecans and Brazils, are good sources of antioxidants such as vitamin E and selenium.



Phytochemicals are plant compounds that appear to decrease the risk of heart disease, cancer and other chronic diseases. Examples of phytochemicals in nuts include flavonoids, phenolic components, isoflavones and ellagic acid.



### *Go Nuts for Nuts...*

*Tired of the same old recipes? Unexpected guests? Tree nuts can help solve these dilemmas by making an ordinary dish seem like new! Try these tips for a surprise twist and great taste that everyone will enjoy:*

- *GO MEATLESS—nuts are a great source of protein. Toss some into stir-fries, salads and pasta.*
- *TOP WITH NUTS—sprinkle chopped nuts on top of a bowl of soup, vegetable dish or your favorite casserole.*
- *START YOUR DAY WITH NUTS—experiment with different tree nuts in your favorite muffin or pancake recipe. Sprinkle nuts on top of yogurt or oatmeal.*
- *NUTS ARE GREAT WITH CHEESE—add your favorite tree nuts to cheese and cracker platters to serve as an appetizer or a special dessert.*

### **NUTS FIT INTO A HEALTHY LIFESTYLE**

In fact, experts recommend eating a variety of foods from the U.S. Food Guide Pyramid every day in order to get the nutrients and calories you need. Nuts fall into the *Meat, Poultry, Fish, Dry Beans and Nuts Group*. The recommended number of servings from this group is 2-3 per day, or 5-7 ounces of cooked lean meat. One-third cup of nuts (about 1<sup>1</sup>/<sub>2</sub> ounces) is equal to one ounce of cooked lean meat.



### **NUTRITION IN A NUTSHELL...**

We all have our favorites when it comes to tree nuts; fortunately, all nuts offer nutritional benefits. Some tree nuts are higher in vitamin E or selenium, others are higher in copper or zinc. By eating a mixture of tree nuts, you're sure to get a variety of important vitamins and minerals.

# Nutrients in 1 Ounce of Tree Nuts<sup>1</sup>

Nutrient # of kernels/oz	Units	Almonds 24	Brazils 6-8	Cashews 18
Calories	kcal	160	190	160
Protein	g*	6	4	4
Total Fat	g	14	19	13
Saturated Fat	g	1	5	3
Monounsaturated Fat	g	9	7	8
Polyunsaturated Fat	g	3	7	2
Linoleic acid (18:2)	g	3	6.75	2.17
Linolenic acid (18:3)	g	0	0.02	0.05
Cholesterol	mg**	0	0	0
Carbohydrate	g	6	3	9
Fiber	g	3	2	1
Calcium	%DV***	6	4	0
Iron	%DV	6	4	10
Magnesium	%DV	20	25	20
Phosphorus	%DV	15	20	15
Potassium	%DV	6	4	4
Sodium	mg	trace	trace	5
Zinc	%DV	6	8	10
Copper	%DV	15	25	30
Manganese	%DV	35	15	12
Selenium	%DV	trace	780	4
Vitamin C	%DV	0	0	0
Thiamin	%DV	4	12	4
Riboflavin	%DV	15	trace	4
Niacin	%DV	6	trace	2
Pantothenic acid	%DV	0	trace	4
Vitamin B6	%DV	2	trace	4
Folate	%DV	2	2	4
Vitamin B12	%DV	0	0	0
Vitamin A	%DV	trace	0	0
Vitamin K	mcg****	0	0	9.84
<b>Vitamin E</b>	%DV	35	8	0
Tocopherol, alpha	mg	7.33	1.62	0.26
Tocopherol, beta	mg	0.12	0	n/a
Tocopherol, gamma	mg	0.25	2.23	n/a
Tocopherol, delta	mg	0.07	0.22	n/a
<b>Total Phytosterols</b>	mg	34	n/a	45
Stigmasterol	mg	1.13	n/a	n/a
Campesterol	mg	1.42	n/a	n/a
Beta-sitosterol	mg	31.47	n/a	n/a
<b>Carotenoids</b>				
Carotene, beta	mcg	0.85	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lutein + zeaxanthin	mcg	0.28	0	6.52

Source: USDA National Nutrient Database for Standard Reference, Release 16, 2003.

\*g = gram; \*\*mg = milligram; \*\*\*%DV = percent Daily Value; \*\*\*\*mcg = microgram

<sup>1</sup>All of the nuts are unsalted; almonds, Brazils, hazelnuts, pecans, pine nuts and walnuts

Hazelnuts 20	Macadamias 10-12	Pecans 20 halves	Pine nuts <sup>2</sup> 157	Pistachios 49	Walnuts 14 halves
180	200	200	190	160	190
4	2	3	4	6	4
17	22	20	20	13	18
1.5	3	2	2	1.5	1.5
13	17	12	6	7	2.5
2	0.5	6	10	4	13
2.22	0.37	5.85	9.40	3.87	10.78
0.02	0.06	0.28	0.05	0.07	2.57
0	0	0	0	0	0
5	4	4	4	8	4
3	2	3	1	3	2
4	2	2	0	4	2
8	4	4	8	6	4
10	8	8	18	8	10
8	6	8	16	15	10
6	2	4	4	9	4
0	trace	0	0	trace	trace
4	2	8	12	4	6
25	8	15	18	20	20
90	45	60	125	18	50
trace	trace	2	trace	4	2
2	0	0	trace	trace	0
10	15	10	6	15	6
2	2	2	4	2	2
2	4	2	6	2	2
2	2	2	trace	0	2
8	6	2	trace	20	8
8	0	2	4	4	6
0	0	0	0	0	0
trace	0	trace	trace	6	trace
4.03	n/a	0.99	15.28	3.74	.76
20	0	6	12	2	trace
4.26	0.16	0.40	2.64	0.55	0.20
0.09	0	0.11	0	0.04	0.04
0	0	6.93	3.16	6.36	5.90
0	0	0.13	0	0.21	0.54
27	32	29	40	61	20
0.28	0	0.85	n/a	1.13	0.28
1.70	1.98	1.42	n/a	2.83	1.99
25.23	30.33	25.23	n/a	56.42	18.14
3.12	0	8.22	4.82	44.51	3.40
0.85	0	0	0	0	0
0	n/a	2.55	0	0	0
26.08	n/a	4.82	2.55	341.62	2.55

are unroasted; cashews, macadamias and pistachios are dry roasted. <sup>2</sup>Pignolia variety.





## HARVEST SALAD WITH TREE NUTS, APPLES AND BLUE CHEESE

This flavorful fall salad is refreshing either before or after the main course.

- 6 tablespoons fresh orange juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon-style mustard
- 1 clove garlic, minced
- Salt and freshly ground pepper to taste
- 4 cups mixed baby salad greens
- $\frac{1}{2}$  cup lightly toasted mixed tree nuts, halved (such as macadamias, pistachios and walnuts)
- 1 tart apple, cored and thinly sliced
- $\frac{1}{2}$  cup crumbled blue cheese

In medium bowl whisk together juice, vinegar, mustard and garlic; season with salt and pepper. Add greens and toss gently to coat with dressing; divide equally among four salad plates. Sprinkle nuts, apple and cheese over greens. If desired, garnish with lightly toasted whole mixed tree nuts. Serve immediately.

*Makes 4 servings*

Per serving: 220 calories, 14 g fat, 7 g monounsaturated fat, 2 g polyunsaturated fat, 5 g saturated fat, 8 g protein, 4 g fiber, 35% DV of vitamin A, 40% DV of vitamin C, 22% DV of folate and 15% DV of calcium.





## MOROCCAN-SPICED TREE NUT COUSCOUS

The fragrant herbs in this recipe are a lovely contrast to the richness of the nuts.

- 1 tablespoon olive oil
- 1 cup couscous
- 2 cups water
- 1 cup lightly toasted mixed tree nuts (such as almonds, cashews, hazelnuts, pecans, and pine nuts)
- 1 cup raisins
- 1 red bell pepper, chopped
- 1/2 cup each: chopped fresh Italian parsley and mint
- 1 tablespoon each: ground cinnamon and cumin
- Salt and freshly ground pepper, to taste

Preheat oven to 325° F. Heat oil in large nonstick skillet over medium heat; sauté couscous, stirring occasionally

until golden, about 3 minutes. Add water, cover and cook over low heat for 5 to 10 minutes, stirring occasionally until water is absorbed. Remove from heat; fluff with fork. Stir in tree nuts, raisins, bell pepper, parsley, mint, cinnamon and cumin; season with salt and pepper. Spoon prepared couscous into casserole dish and bake, covered, for 30 minutes. If desired, garnish with lightly toasted mixed tree nuts. Serve hot.

*Makes 8 servings*

Per serving: 340 calories, 14 g fat, 9 g monounsaturated fat, 3 g polyunsaturated fat, 2 g saturated fat, 9 g protein, 6 g fiber, 30% DV of vitamin A, 90% DV of vitamin C and 10% DV of iron.

***TREE NUTS ARE A TASTY ADDITION TO ANY MEAL, ANY TIME OF YEAR. WHETHER YOU'RE PLANNING A HOLIDAY DINNER PARTY, A SPRING BUFFET OR A PICNIC AT THE BEACH, ADDING YOUR FAVORITE TREE NUTS CAN MAKE ALL THE DIFFERENCE!***



## MEDITERRANEAN SHRIMP AND TREE NUT SALAD

This salad can be doubled easily, depending on your entertaining needs. You can make it a day ahead, too—just bring it to room temperature before serving.

- 2 tablespoons olive oil, divided
- 1 pound medium shrimp, peeled and deveined
- 4 medium tomatoes, cut into wedges
- $\frac{1}{4}$  cup each: chopped fresh basil and mint
- 1 tablespoon fresh lemon juice
- 1 large clove garlic, minced
- 3 cups saffron-flavored rice
- $\frac{1}{2}$  cup lightly toasted mixed tree nuts, halved (such as hazelnuts, macadamias, pecans and walnuts)
- Salt and freshly ground pepper, to taste
- 1 cup mixed baby salad greens

Heat 1 tablespoon of oil in a large nonstick skillet over medium-high heat. Add shrimp and cook, tossing occasionally, until slightly firm to the touch and no longer translucent, about 3 minutes. Set aside to cool. In large bowl combine tomatoes, basil, mint, lemon juice, garlic and the remaining 1 tablespoon of oil; set aside 20 minutes at room temperature. Stir in rice, nuts and shrimp; toss gently. Season with salt and pepper. Spoon salad onto the center of the platter and surround with greens. If desired, garnish with lightly toasted mixed tree nuts. Serve at room temperature.



*Makes 4 servings*

Per serving: 470 calories, 20 g fat, 12 g monounsaturated fat, 4 g polyunsaturated fat, 3 g saturated fat, 32 g protein, 6 g fiber, 45% DV of vitamin A, 100% DV of vitamin C, 20% DV of vitamin E, 35% DV of iron, 16% DV of folate and 10% DV of calcium.

## SOUTH-OF-THE-BORDER MIXED TREE NUT AND CHICKEN PITAS

For easy preparation, buy a pre-roasted chicken from the deli case. Toss a salad, slice a platter of fruit and you have a beautiful lunch buffet.

- 1 cup low fat or nonfat bottled Italian salad dressing
- 2 tablespoons fresh lime juice
- 1 tablespoon grated lime zest
- 2 cups cooked shredded chicken
- $\frac{1}{3}$  cup lightly toasted mixed tree nuts, halved (such as almonds, Brazils, cashews, pine nuts and pistachios)
- 4 pita bread rounds
- 1 cup julienned, peeled jicama or peeled, seeded cucumber
- 1 avocado, peeled, pitted and sliced
- $\frac{1}{2}$  cup julienned prepared roasted red peppers

Preheat oven to 325° F. To make vinaigrette, in small



bowl whisk together dressing, lime juice and zest. In another bowl, toss chicken with tree nuts and enough vinaigrette to moisten. Warm pitas in oven for 3 minutes, then halve and fill with chicken mixture, dividing equally. Fill pitas with jicama, avocado, and red pepper, dividing equally. To serve, drizzle pitas with remaining vinaigrette and, if desired, sprinkle with lightly toasted mixed tree nuts.

*Makes 8 servings*

Per serving: 240 calories, 10 g fat, 5 g monounsaturated fat, 2 g polyunsaturated fat, 2 g saturated fat, 15 g protein, 3 g fiber, 15% DV of vitamin A, 25% DV of vitamin C, 10% DV of iron and 12% DV of folate.

### *Tips for Buying and Storing...*

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



THE INTERNATIONAL TREE NUT COUNCIL

[www.treenuts.org](http://www.treenuts.org)

*The International Tree Nut Council (INC), a nonprofit organization, represents nine tree nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts. For more information on tree nuts and health, please visit our website at [www.nuthealth.org](http://www.nuthealth.org).*