



Topic of the Month – Science behind “Nutty” Diet

Nuts & Health

Besides being packed with protein, most nuts contain at least some of these heart-healthy substances:

- **Unsaturated fats.** It's not entirely clear why, but it's thought that the "good" fats in nuts — both monounsaturated and polyunsaturated fats — lower bad cholesterol levels.
- **Omega-3 fatty acids.** Many nuts are also rich in omega-3 fatty acids. Omega-3s are a healthy form of fatty acids that seem to help your heart by, among other things, preventing dangerous heart rhythms that can lead to heart attacks. Omega-3 fatty acids are also found in many kinds of fish, but nuts are one of the best plant-based sources of omega-3 fatty acids.
- **Fiber.** All nuts contain fiber, which helps lower your cholesterol. Fiber makes you feel full, so you eat less. Fiber is also thought to play a role in preventing diabetes.
- **Vitamin E.** Vitamin E may help stop the development of plaques in your arteries, which can narrow them. Plaque development in your arteries can lead to chest pain, coronary artery disease or a heart attack.
- **Plant sterols.** Some nuts contain plant sterols, a substance that can help lower your cholesterol. Plant sterols are often added to products like margarine and orange juice for additional health benefits, but sterols occur naturally in nuts.
- **L-arginine.** Nuts are also a source of L-arginine, which is a substance that may help improve the health of your artery walls by making them more flexible and less prone to blood clots that can block blood flow.

<http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/nuts/art-20046635>



Walnuts*

New research shows that walnuts contain protective antioxidant phenols that can markedly improve blood vessel function just hours after eating a few ounces. Other nuts such as almonds are also heart-healthy. (*Taken directly from *Runner's World*, February 2014).



Almond Meal**

Made from raw almonds, almond meal (or almond flour) is higher in fat than wheat flour, but it's the heart-healthy, monounsaturated kind. Besides, it also has more protein, fiber, vitamin E, folate, choline, and calcium than wheat flour. Use almond meals in pancakes, muffins, and quick breads (not yeast breads). (**Taken directly from *Runner's World*, March 2014).



Peanuts

Peanuts contain oleic acid, the healthful fat found in olive oil, but new research shows these tasty legumes are also as rich in antioxidants as many fruits. Roasted peanuts do rival the antioxidant content of blackberries and strawberries, and are far richer in antioxidants than apples, carrots or beets. Research conducted by a team of University of Florida scientists, published in the journal *Food Chemistry*, shows that peanuts contain high concentrations of antioxidant polyphenols, primarily a compound called p-coumaric acid, and that roasting can increase peanuts' p-coumaric acid levels, boosting their overall antioxidant content by as much as 22%.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=101>

"Food" Goal this Month

Nuts, which contain unsaturated fatty acids and other nutrients, are a great snack food

Nut Quiz of the Month

Matching

- | | |
|--|---------------------------|
| 1 What is October 22 nd ? | a. Brown Jug Toasted Corn |
| 2 Corn nuts were originally called | b. Cashew |
| 3 Which nuts are used to make Pesto sauce? | c. National Nut Day |
| 4 Bean shape under an apple like fruit | d. Pine Nuts |

1-c; 2-a; 3-d; 4-b

"Move" of the Month

Build Slowly

Kids who aren't used to exercising may only be willing to tolerate a little physical activity before wanting to quit. So start with small steps, such as a 10-minute walk every day after school. (If the thought of exercising every day seems overwhelming to him, start off with walking every other day.) Add a minute more of walking each time, and have him/her track his progress. Setting small goals like this is important with kids. Seeing the minutes add up can help boost their motivation. You might also set up a contract with him that offers rewards for racking up more minutes.

<http://www.webmd.com/parenting/raising-fit-kids/move/get-teens-moving>

Upcoming May 2014

Next newsletter will focus on

Obesity

Fun Facts

Walnuts

The California walnut is a descendant of the Persian walnut. Native to Persia, the Greeks called the walnut "the nut of Jupiter," fit for the gods. California produces 70% of the worlds' walnuts.



Sizes/Counts

Some nuts are referred to in size by a count. For example 18-20 Pistachios, 21-25 Pistachios, 240 Cashews, 320 Cashews. This refers to the number of nuts per ounce or pound. The higher the number, the smaller the nut.



<http://www.tropicalfoods.com/healthy-living/fun-facts/nuts-seeds-fun-facts/>

Filberts

Also known as as hazelnuts or cobnuts. Early settlers introduced the filbert to America in the 1600's. Filberts are acid forming in the body, which aids normalizing the metabolism.

