Are You Nuts?

…if not, there is good reason to change your ways. **Eating just a few ounces of nuts a week (what's recommended by the 2005 Dietary Guidelines for Americans) can help prevent weight gain, heart disease, diabetes, and more**... but as with all foods, portion control is critical. One ounce is a satisfying snack, plus they are full of vitamins, minerals and phytochemicals that are lacking in the U.S. diets.

	Almonds 20 to 24 per ounce Calories: 164 Total Fat: 14g Saturated fat: 1g Protein: 6g Fiber: 3g	**Nutritional highlights**: High in fiber, vitamin E and calcium. Also supply 25% of magnesium needs. **Best way to eat**: Out of your hand or mixed into yogurt		**Macadamia nuts** 10 to 12 per ounce Calories: 204 Total Fat: 21g Saturated fat: 3g Protein: 2g Fiber: 2g	**Nutritional highlights**: Highest in fat and calories, but they do contain a good amount of manganese, a trace mineral important for building healthy bones. **Best way to eat**: As a special treat. Use them to add a little oomph and crunch to a fruit salad (try pineapple and other tropical fruits).
	Brazil nuts 6 to 8 per ounce Calories: 186 Total Fat: 19g Saturated fat: 5g Protein: 4g Fiber: 2g	**Nutritional highlights**: At first glance, these may not appear to be a healthy choice, but a single nut contains 15 times the RDA for selenium, a mineral that may protect against various cancers. **Best way to eat**: Chopped And mixed into salad - their naturally sweet flavor combines well with greens and other vegetables.		**Pecans** 18 to 20 per ounce Calories: 196 Total Fat: 20g Saturated fat: 2g Protein: 3g Fiber: 3g	**Nutritional highlights**: Supply 17% of daily thiamin needs. This B vitamin food into energy. Also rich in copper and zinc. **Best way to eat**: Toasted and added to potato or bean soup for extra protein a bit of crunch. They also make a great toping for oatmeal.
	Cashews 16 to 18 per ounce Calories: 160 Total Fat: 13g Saturated fat: 2g Protein: 5g Fiber: 1g	**Nutritional highlights**: Provide hefty amount of zinc, copper & magnesium - minerals hard to get in big doses from other foods. Also supply 10% of RDA for iron. **Best way to eat**: Add to stir-fry or as topping for steamed vegetables.		**Peanuts** 27 to 30 per ounce Calories: 161 Total Fat: 14g Saturated fat: 2g Protein: 7g Fiber: 2g	**Nutritional highlights**: Contains the most protein and folate (which protects against heart disease as well as birth defects). **Best way to eat**: As peanut butter. Spread on apple slices or celery for a quick healthy snack.
	Chestnuts 3 per ounce Calories: 56 Total Fat: 0g Saturated fat: 0g Protein: 1g Fiber: 1g	**Nutritional highlights**: Lowest in fat and calories, but they won't give you the same health benefits as other nuts. **Best way to eat**: Roasted. Use a pairing knife to carve a small X into the bottom of each nut and toast for a few minutes in a toaster oven. Let cool, then peel.		**Pistachios** 45 to 47 per ounce Calories: 158 Total Fat: 13g Saturated fat: 2g Protein: 6g Fiber: 3g	**Nutritional highlights**: Supplies the most potassium, a mineral important for controlling blood pressure. **Best way to eat**: Shelled in their natural tan state. The red-shelled are just dyed (not a different variety).
	Hazelnuts 18 to 21 per ounce Calories: 178 Total Fat: 17g Saturated fat: 1g Protein: 4g Fiber: 3g	**Nutritional highlights**: Highest in heart-healthy monounsaturated fats (an ounce contains more than a tablespoon of olive oil). **Best way to eat**: Mixed into pancake, waffle or muffin batter. Or grind and use as a coating for roasted chicken breast or pork tenderloin.		**Walnuts** 12 to 14 halves per ounce Calories: 185 Total Fat: 18g Saturated fat: 2g Protein: 4g Fiber: 2g	**Nutritional highlights**: Among the best sources of alpha-linolenic acid, a heart protective omega-3 similar to that found in fish. **Best way to eat**: Chopped and mixed into low fat cream cheese; makes for a tasty spread for toast or sandwiches.

Source: USDA Dietary Guidelines 2005 and Fitness magazine issue 6/2004.