

Walnuts—The Mega Nut

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(NAPSA)—Walnuts are known as the ‘Mega Nut because they are packed with nutrients and a special type of “good” fat that is key in the prevention of many medical conditions, such as heart disease.



Walnuts are heart-healthy, delicious and versatile.

Walnuts contain important vitamins and minerals, fiber, protein and antioxidants, as well as a type of healthy fat that our bodies actually require—called “essential” omega-3 fatty acids.

Omega-3s affect every function in the body, from the brain to the heart. For example, they are proven to lower cholesterol.

Leading health organizations and governmental agencies are urging us all to consume more omega-3s, which we have to get from eating certain foods.

For those who can't or don't want to eat fish regularly, it's good to know that just a handful of walnuts can provide the daily amount of omega-3s recommended by experts. Indeed, walnuts are the *only* nut that is a rich source of omega-3s.

It's easy to eat walnuts every day. My favorite snack tip: Simply tuck a packaged handful of walnuts into your purse, briefcase or backpack for a quick pick-me-up. For variety, toast and add your choice of spices or seasonings.

Visit www.walnuts.org for more information and recipes.