

# Healthy Living

## Walnuts: Delicious And Nutritious

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(NAPSA)—Here's news to make walnut lovers come out of their shells. Walnuts are packed with nutrients essential to your health, including protein, fiber, vitamins, minerals, disease-fighting antioxidants and heart-healthy omega-3 fatty acid.

The USDA Dietary Guidelines for Americans stress the importance of omega-3s for overall good health, reinforcing similar recommendations of organizations such as the American Heart Association.

A handful of walnuts daily is proven to play a significant role in reducing the risk of heart disease by lowering "bad" LDL cholesterol, reducing inflammation and improving arterial function as well as aiding with insulin resistance for patients with Type 2 diabetes.

Many people look to fish such as salmon for omega-3s, but plant sources such as walnuts are also a rich and convenient source.

The entire family can enjoy walnuts as a healthy snack and energy boost. The wonderful versatility of walnuts also provides texture and flavor that enhance a range of recipes, such as:

- Salads: greens, tuna, chicken;
- Pasta, rice, couscous;
- Stir-frys;
- Fruit salad;
- Hot or cold cereal;
- Cooked vegetables;
- Fish, seafood, poultry dishes (use finely chopped walnuts as a coating);
- Yogurt, ice cream;
- Baked bread, muffin recipes;
- Casseroles;
- Soups;
- Sandwich wraps; and
- Desserts (of course!)



**Include walnuts with meals and snacks to boost nutrition and protect your health.**

Here's a delicious snack idea:

### Sesame and Maple Walnuts

- 4 cups California walnut halves**
- 4 tablespoons maple syrup**
- 2 tablespoons sesame seeds**

**In medium bowl, combine California walnut halves and maple syrup; mix until evenly coated. Stir in sesame seeds. Spread on nonstick baking sheet. Bake in 325° F oven for 20 to 25 minutes, stirring twice, until nuts are lightly browned. Allow to cool on baking sheet. (Nuts will become dry and crunchy as they cool.) Makes about 4 cups.**

Nutrition Information per ¼ cup serving: 183 calories, 4g protein, 7g carbohydrates, 2g fiber, 17g total fat, 1.6g saturated fat, 0mg cholesterol, 1mg sodium, 2.3g omega-3s

Visit [www.walnuts.org](http://www.walnuts.org) for more recipes and nutrition information.