Nuts & Seeds

Quick Facts

- Nuts and seeds contain a variety of beneficial nutrients including healthy fats, protein, fiber, vitamin E and antioxidants. As a result, incorporating these in your diet can correspond with less cognitive decline as you get older, bolster bone health, lower cholesterol and help with weight loss.

- Although healthy, nuts and seeds are still high in fat. Keep serving sizes small – typically about ¼ of a cup.

- Opt for unsalted and unsweetened nuts and seeds to keep the sugar and sodium low.

- All nuts are seeds, but all seeds aren’t nuts. Say what? A nut is a dry fruit with a seed that’s encased in a hard, woody shell (think pecans) – so all nuts are seeds. But not all seeds are nuts – some seeds can be separated from the fruit and are not one in the same (think pumpkin seeds).

Shopping & Preparing

Nuts and seeds can be found at nearly every grocery store – either prepackaged or in bulk. Some varieties of nuts include: almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pistachios and walnuts. Some varieties of seeds include: flax seeds, hemp seeds, pine nuts (these are actually the seeds of pine trees!), pumpkin seeds, sesame seeds and sunflower seeds. Incorporating these into your diet is very simple and can be done in a variety of ways. Make your own small snack bags for a quick and easy, grab-on-the-go treat. Hosting a big party this weekend? Make your own trail mix! Just grab a few of your favorite nuts and seeds and mix with items such as dried fruit, pretzels and dark chocolate. Salad lover? Toss a handful of your favorite sliced nuts and seeds on top of your next bed of greens.

Nuts and seeds can be eaten raw or they can be toasted, which greatly enhances their flavor. On the stove – use an ungreased skillet to toast them on medium heat for 5 to 10 minutes. Shake the pan to stir the nuts around until they’re golden brown and fragrant. In the oven – use a shallow baking pan to toast them at 350°F for 5 to 10 minutes, stirring occasionally. Once ready (in either toasting method), remove them from the pan to let them cool. The storage life for nuts and seeds varies, but is generally around 6 months in the refrigerator and 12 months in the freezer.

Super Recipe – Karli’s Ultimate Trail Mix

Serving Size

Makes 12 servings (3 cups)
Ingredients

- ¼ cup walnut halves
- ¼ cup pecan halves
- ¼ cup cashews
- ¼ cup almonds
- ¼ cup raw pumpkin seeds
- ½ cup sesame snack sticks
- ½ cup golden raisins
- ½ cup dark raisins
- ½ cup dried cranberries

Preparation

1. Combine all ingredients in a bowl.
2. Serve at room temperature. Store in an airtight container.

Nutritional Information Per Serving (if 12 per recipe)

- 177 calories (calories from fat: 92)
- 10.2g fat (1.4g saturated fat)
- 0mg cholesterol
- 126mg sodium
- 21g carbohydrates
- 1.9g fiber
- 3.6g protein

Resources

http://www.webmd.com/diet/features/eat-smart-healthier-brain

http://www.webmd.com/osteoporosis/ss/slideshow-superfoods-for-your-bones


http://www.wholefoodsmarket.com/recipes/food-guides/nuts-seeds

http://allrecipes.com/Recipe/Karlis-Ultimate-Trail-Mix/Detail.aspx?event8=1&prop24=SR_Title&e11=trail%20mix&e8=Quick%20Search&e10=1&e7=Recipe&soid=sr_results_p1i4