

PRYORITY

FITNESS › WELLNESS › BALANCE

167 South Avenue
New Canaan, CT 06840
203.594.1552
info@priorityfitness.com
www.priorityfitness.com

Nuts and Seeds

Nuts and seeds have made headlines for their nutrient density and contribution to heart health. They carry a potent mix of protein, healthy monounsaturated fats, cholesterol-lowering omega-3 fatty acids, and are a good source of antioxidants, phytonutrients, vitamins, and minerals.

FDA guidelines recommend eating a quarter-cup of nuts or two tablespoons of nut butter or seeds five times a week. I recommend shooting for 1 to 1½ ounces of nuts or seeds per day to receive their optimal health benefits.

The Satiety Factor – Nuts and Seeds for Weight Management?

Nuts and seeds have a high satiety factor. While they may have a reputation for being high in calories, a little goes a long way to

- satisfy your hunger
- provide long lasting energy to carry you through your day
- maintain stable blood sugar levels

Eating nuts and seeds may result in your consuming fewer calories than if you were to eat foods with fewer calories but also less sustaining.

Variety is Important

Each type of nut and seed has a unique nutritional profile. Therefore, eating a variety is important. They all promote digestive health through their fiber content and are a good source of plant-based protein. But here are a few top honors:

Walnuts

Omega-3 fatty acids for heart health; copper and manganese for antioxidant defense

Almonds

Heart-healthy monounsaturated fats, vitamin E, B2, calcium, and other bone-protective minerals.

Cashews

Lower fat content than most but good source of monounsaturated fat. Rich in bone-protective minerals copper, phosphorus, and magnesium.

Brazil Nuts

Just 2-3 of these nuts provides your RDA of selenium which aids in detoxification and heavy metal chelation.

Sunflower Seeds

Vitamin E for brain and heart health plus 60 other nutrients

Flaxseeds (best when ground or in oil form)

Omega-3 fatty acids and lignan phytoestrogens for women's health

Pumpkin Seeds

Zinc, copper, magnesium, iron, manganese, and phosphorus. Also contain Phytonutrients to promote prostate health.

Storage and Selection

For longer shelf life and to retain nutritional value, it is best to store nuts and seeds in the refrigerator or freezer in airtight containers. Ideally, I recommend selecting raw, whole organically grown nuts and seeds whenever possible. You can eat them as they are or toast and season them to your liking at home. Look for them at health food stores and Whole Foods.

Food Sensitivities

As with any food you eat, be mindful of symptoms you may experience. Write them down along with all foods you were exposed to that day or even the day before. Over time, you will see a pattern in your symptoms and what food or additive may be the cause.

How to incorporate nuts and seeds into your day

- Add chopped cashews or ground flaxseeds to your cereal
- Top your salad with walnuts or sunflower seeds
- Add cashews, almonds, sesame seeds or chopped pumpkin seeds to your vegetable dishes
- Mix your favorite nut butter into a smoothie
- Make a trail mix of your favorite combination of nuts and seeds with some dried fruit to keep in your purse as a snack when you're on the go

ENJOY! And remember, true nourishment feeds your body, mind and spirit.

Roxanne

Baked Apple with Cashew Topping*

4 firm apples

Raisins and cinnamon to taste

½ cup raw cashew pieces

Pure vanilla extract

Core apples and fill the center of each with raisins. Sprinkle with cinnamon. Bake at 350° for 45 minutes, or until tender. While apples are baking, whirl cashews in a blender, adding water gradually until you get the consistency you prefer. (The longer you blend, the smoother the mixture becomes.) Add a few drops of vanilla extract for extra flavor. Spoon over hot apples. YUM!

*To use on steamed or sautéed vegetables or grains, instead of vanilla, blend cashews and water or milk with some freshly-grated ginger, tamari and salt to taste.