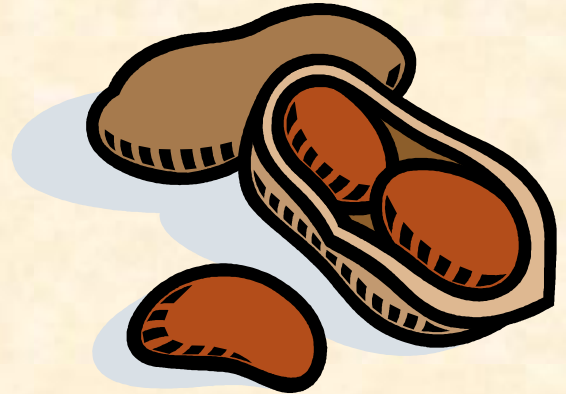


Nutty Monday

Why is it important to eat nuts?

Nuts are a healthy and important snack to include in your daily diet. They can help your heart by lowering the “bad” cholesterol level in your blood. They help reduce the risk of developing blood clots and also help improve the health of the lining of your arteries.



What makes them healthy?

Nuts are packed with a lot of protein! Unsaturated fats in nuts are also healthy because they help lower bad cholesterol levels. They contain omega-3 fatty acids which can help prevent dangerous heart rhythms. They also are filled with fiber which also helps lower your cholesterol level and can help prevent diabetes! Nuts also contain vitamin E which help stop the development of plaques in your arteries. Nuts also have L-arginine which help improve the health of your artery walls by making them more flexible and less vulnerable to blood clots!

Which ones should I eat?

You can choose any ones you want as long as you practice portion control! It is important to keep an eye on the labels of the packaging though! It is good to eat them naturally raw and unsalted. It is okay to eat them roasted and toasted; just keep an eye out for the amount of sugar, butter, and calories that are included!

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