

# Show Your **Heart** Some Love with: Nuts & Seeds



## Benefits:



- \*High in vitamins, minerals, fatty & amino acids, fiber, and phytochemicals
- \*Many contain plant-based omega-3 fatty acids
- \*Tree nut consumption helps reduce the risk of cardiovascular disease, type 2 diabetes, some forms of cancer, and may help improve cognitive health
- \*Tree nuts also help to lower the risk of hypertension, high cholesterol, insulin resistance, abdominal obesity, endothelial dysfunction, oxidative



## Nutrient Contents of Nuts and Seeds

Nut/Seed	Calories per 1-oz serving	Major Nutrients
Almonds	164	Excellent source of manganese, magnesium, and vitamin E. Good source of riboflavin, copper, phosphorus, and fiber.
Brazil Nuts	187	Excellent source of selenium, copper, magnesium, and phosphorus. Good source of manganese and thiamin.
Cashew Nuts	157	Excellent source of copper, manganese, and magnesium. Good source of phosphorus, vitamin K, zinc, and iron.
Chia Seeds	138	Excellent source of fiber, manganese, and phosphorus. Good source of calcium.
Flaxseeds (ground)	150	Excellent source of manganese, thiamin, magnesium, and fiber. Good source of phosphorus, copper, and selenium.
Hazelnuts (Filberts)	178	Excellent source of manganese, copper, and vitamin E. Good source of thiamin, magnesium, and fiber.
Hemp Seeds	155	Excellent source of vitamin E, magnesium, zinc, and manganese. Good source of iron.
Macadamia Nuts	204	Excellent source of manganese and thiamin. Good source of copper and fiber.
Peanuts	161	Excellent source of manganese. Good source of niacin, folate, copper, magnesium, vitamin E, phosphorus, thiamin, and fiber.
Pecans	196	Excellent source of manganese. Good source of copper, thiamin, and fiber.
Pistachio Nuts	159	Excellent source of vitamin B <sub>6</sub> . Good source of copper, manganese, phosphorus, thiamin, and fiber.
Pumpkin Seeds	158	Excellent source of iron, manganese, magnesium, and phosphorus. Good source of copper, zinc, and vitamin K.
Sesame Seeds	160	Excellent source of copper, manganese, calcium, magnesium, and iron. Good source of phosphorus, thiamin, zinc, fiber, and vitamin B <sub>6</sub> .
Sunflower Seeds	164	Excellent source of vitamin E, thiamin, manganese, copper, magnesium, and selenium. Good source of vitamin B <sub>6</sub> , phosphorus, folate, niacin, and fiber.
Walnuts	146	Excellent source of manganese and copper. Good source of magnesium and phosphorus.

— Source: USDA

Excellent source: Contains 20% or more of the DV based on a 2,000-calorie reference diet.  
Good source: Contains 10% to 19% of the DV.



## Serving Size of Nuts & Seeds:



- \*1 oz.= 1 serving
- \*Size/weight of nuts vary, thus amount of nut needed to make up 1 oz. differs for each nut
- \*Healthy daily intake of nuts/seeds together= 1-1.5 ounces (a small handful)

## Coconut Chia Parfait



- 1 can coconut milk
- 1/3 cup chia seeds
- 1 tsp. vanilla



## Incorporate Nuts and Seeds into Your Diet:

- \*Add to Smoothies, Oatmeal, or Cereals
- \*Toss in Salads
- \*Use as a Protein Boost
- \*Throw in Soups & Stews for Added texture

**Need help with heart-healthy eating, weight loss or just general nutrition?  
Book a visit with our nutritionist, Dafna Chazin, by contacting our call center or the front desk.**