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Health Benefits of Walnuts


1 oz raw walnuts provides:

- 183 Calories, 4 gm protein, 3 gm fiber, 18 gm fat, no cholesterol

Potential benefits of consuming walnuts:

- Walnuts contain more healthy omega 3 fats than any other plant food
- Phytosterols help lower LDL, total cholesterol and triglycerides
- An amino acid, L-Arginine, helps make nitric oxide, a vasodilator that lowers blood pressure, improves blood flow and circulation
- Folate in walnuts detoxifies homocysteine, lowering risk of plaque and blood clots in arteries
- Vitamin E's antioxidant capacity protects against free radicals, helps heal artery walls and boost immunity
- Toss on salads, use in muffin batter, grind with beans in hummus or puree to make walnut butter for toast

Walnuts are rich in vitamins, minerals, healthy oils and fiber. They have been shown to lower cholesterol and inflammation.



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