

# HEALTH TIPS:

## Choose plain nuts.

Salted nuts, flavoured nuts and coated nuts (chocolate, yogurt, candied, honey roasted, etc.) do not offer the same health benefits

When choosing a roasted nut, be sure to pick 'dry roasted'.

The commercial roasting process of nuts is a form of deep frying, usually in saturated fat. Read the label and avoid products that contain hydrogenated oils.

Look for nut butters that have 0g of trans fats, no added sugar and no added salt.

Nuts contribute about 160 to 170 calories per 1 ounce serving. Watch your intake, 1 to 2 ounces 4-5 times a week is all you need!

## TIPS FOR BUYING AND STORING NUTS:

- Unshelled nuts, should have clean shells without cracks. (Except for pistachios! They are usually sold in a semi-open shell).
- Whole, raw shelled nuts should be fairly uniform in colour and size.
- To keep nuts fresh, store them in an airtight container in the refrigerator for up to six months, or up to a year in the freezer.

## SAVE ON COST:

- Save money by buying nuts in bulk!
- Create homemade nut butters instead of buying them.

## HOW TO MAKE NUT BUTTER:

- Blend your favourite nut for about 5 minutes in a food processor.
- Refrigerate in an airtight container for up to a week.
- TIP: Roasted nuts enhance the flavour of your nut butter.
- TIP: If you like crunchy nut butter, try adding chopped nuts!

## HOW TO ROAST NUTS:

- Lay nuts in a single layer on a baking sheet, no need to coat the nuts in salt or oil!
- Roast nuts in a 350°F oven for 10-12 minutes, let cool and ENJOY!



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# NUTS & YOUR HEALTH

Nuts are a rich source of nutrients such as magnesium, protein, fibre & 'healthy' fats. An average consumption of about 1 to 2 oz (30-60 g) of nuts 4-5 times per week, can play a part in reducing blood pressure & improving cholesterol levels.

## HOW MANY NUTS ARE IN 1 OUNCE?

24 almonds



14 walnut halves



20 hazelnuts



20 pecan halves



30 peanuts



18 cashews



49 pistachios



2 Tbsp nut butter



10-12 macadamias



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## INCLUDE NUTS IN YOUR BUSY LIFESTYLE:

- Mix nuts with your favourite dried fruits & bring them on the go! Pack single serving sizes and keep them in your desk drawer, car or purse!
- Top your cereal with your favourite chopped nut.
- Add nut butter (e.g. almond butter) to a breakfast shake to boost its taste and nutrient content.

## MODERATION IS KEY

Nuts are a delicious and healthy food. But they are also high in calories, so it is important to replace less healthy foods in your diet with nuts. Try these tips:

- Add a handful of nuts to your salad, pasta or rice dishes as a meat substitute.
- Use nut butter on your toast instead of butter.
- Instead of having chips as a snack, have a small handful of nuts.
- Don't melt butter over your veggies at dinner; try sprinkling chopped nuts over them instead.

