

NUTRITION NEWS

Five Nuts to Go Nuts About

All nuts are rich in vitamin E, magnesium, protein, and fiber, but these five go beyond that. Make sure you alternate the types of nuts you eat to get maximum benefits.

Pistachios 1 serving = 1 oz or 49 nuts, 158 calories, 13g fat, 3g fiber. Pistachios are high in cholesterol-lowering plant sterols and have more potassium than most nuts at 291mg per ounce.

Almonds 1 serving = 1 oz or 23 nuts, 163 calories, 14g fat, 4g fiber. One ounce provides half your daily vitamin E, more than any other nut. It also supplies 8 percent of your daily calcium needs.

Hazelnuts 1 serving = 1 oz or 21 nuts, 178 calories, 17g fat, 3g fiber. These are rich in iron and proanthocyanidins, antioxidants that strengthen blood vessels and prevent urinary tract infections.

Walnuts 1 serving = 1 oz or 14 halves, 185 calories, 18g fat, 2g fiber. Walnuts deliver the most omega-3 fatty acids of the plant foods and contain the antioxidant ellagic acid, which supports the immune system.

Brazil Nuts 1 serving = 1 oz or 6 nuts, 186 calories, 19g fat, 2g fiber. A single Brazil nut provides your daily dose of selenium, an important mineral that plays an antioxidant role in the body.