

Fun Facts

- Brazil nuts are actually from Bolivia.
- Ancient Greeks believed hazelnuts could treat coughing and baldness!
- Macadamia nuts are poisonous for dogs.
- Walnuts date all the way back to 10,000 BC.
- Peanuts are considered legumes, not nuts, because they grow underground rather than on trees.
- Almonds can't grow on their own, they need bees to help them pollinate.
- Approximately 78 pecans are used in an average pecan pie.
- Pine nuts are the seeds of pine cones.
- An ounce of pistachios has approximately the same amount of protein as an egg.
- Cashews are in the same plant family as poison ivy.

The Truth About Nuts...

Many Offer Natural Brain Health Protection.

Walnuts

High concentration of alpha-linolenic acid (ALA), an omega-3 fatty acid that is the precursor for eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

EPA and DHA are known to be anti-inflammatory, which is associated with cognitive health.

Almonds & Hazelnuts

Highest in vitamin E, which again is a powerful antioxidant working against the free radicals that cause oxidative stress in the brain.

Peanuts

Packed with niacin, also known as vitamin B3, which is instrumental in neuronal development and maintenance, therefore preventative of neurodegenerative diseases.

The MIND Diet: Nuts





Benefits of Nut Consumption

- 1 Improved concentration/heightened focus
- 2 Better memory
- 3 Increased motor coordination
- 4 Enhanced learning capability
- 5 Higher scores on cognitive tests
- 6 Sharpened logic and reasoning
- 7 Longer attention span
- 8 Advanced auditory and visual processing

Tips For Incorporating Nuts In Meals

- Replace croutons with nuts in your salad.
- Top yogurt or frozen yogurt with nuts.
- Make a trail mix with nuts, cereal, and dark chocolate chips.
- Add nuts to your homemade banana bread, muffins, and pancakes.
- Snack on an apple or banana with natural nut butter.
- Top your breakfast cereal with pecans.
- Put nuts in the food processor to use in place of breadcrumbs.
- Throw some cashews or slivered almonds into your stir-fries.
- Include nuts or nut butter in your smoothies.
- Grind almonds until powdered and use in place of flour.

Recipe Ideas

- 1 Banana-Nut Oatmeal Muffins
- 2 Chestnut Soup
- 3 Pork and Peanut Balls
- 4 Penne with Chicken & Walnut Pesto
- 5 Spiced Nuts
- 6 Chocolate Covered Cashew Bars

