



TRANSITIONING TO A PLANT-BASED DIET:

GO NUTS FOR HEALTHY NUTS

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A food trend in 2022 is toward replacing meat and dairy-heavy foods with more plant-based foods. Plant-based food focuses on the consumption of foods such as vegetables, fruit, whole grains, nuts, oil, and legumes. Producing these foods is more environmentally friendly than meat and dairy products since producing them uses fewer resources and does less environmental damage.

Small, gradual changes may be the most successful way to transition to a mostly plant-based diet instead of trying to switch everything at one time. A simple way to start would be to include nuts in your diet.

Only four in ten Americans eat nuts on any given day, but the American Heart Association recommends that we eat at least four servings each week for heart health.

Sources: www.healthline.com
mayoclinic.org
health.harvard.edu

Almonds

BENEFITS

- The most nutritionally dense nut
- Reduces risk of heart disease
- Helps lower cholesterol
- Stabilizes blood sugar levels

NUTRIENTS

- Calcium
- Magnesium
- Vitamin E
- Iron



Pecans

BENEFITS

- Reduces risk of heart disease
- Helps lower cholesterol levels
- Helps lower blood pressure
- High in antioxidants
- Promote colon health
- Boosts immunity
- Stimulates hair growth

NUTRIENTS

- Potassium
- Magnesium
- Zinc
- Calcium
- Iron



Brazil Nuts

BENEFITS

- Fights damage caused by free radicals
- Reduces LDL (bad cholesterol)
- Slows the progression of diabetes
- Helps reduce risk of heart disease

NUTRIENTS

- Selenium
- Magnesium
- Copper
- Zinc



(Eat in moderation - 50 average-sized Brazil nuts can lead to selenium toxicity.)

Pistachios

BENEFITS

- Rich in antioxidants
- Helps reduce growth of cataracts
- Helps manage weight
- Enhances blood flow
- Increases HDL and lowers LDL cholesterol

NUTRIENTS

- B vitamins
- Potassium
- Magnesium
- Thiamin



Walnuts

BENEFITS

- Reduces risk of heart disease and cancer
- Slows progression of Alzheimers disease
- High in antioxidants
- Helps prevent arthritis

NUTRIENTS

- Calcium
- Potassium
- Magnesium
- Vitamin B6



Macadamias

BENEFITS

- Lowers risk of heart disease
- Lowers risk of metabolic syndrome
- Fights cancer by destroying free radicals
- Helps maintain bowel regularity

NUTRIENTS

- Magnesium
- Calcium
- Thiamin
- Copper
- Iron



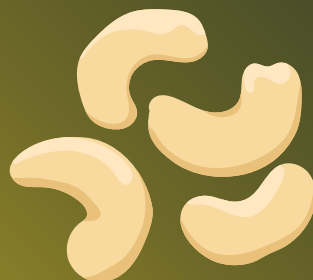
Cashews

BENEFITS

- Helps maintain eye health
- Aids in food digestion
- May reduce gallstones
- Boosts heart health

NUTRIENTS

- Calcium
- Magnesium
- Copper
- Iron
- Vitamin K
- Vitamin B6



Hazelnuts

BENEFITS

- Reduces inflammation
- Helps reduce risk of diabetes
- Regulates blood pressure
- Improves brain and cognitive function

NUTRIENTS

- Calcium
- Magnesium
- Zinc
- Iron
- Vitamin E
- Manganese



EASY Almond Butter

INGREDIENTS

- 2 cups roasted almonds
- 5 tablespoons maple syrup
- 2 teaspoons coarse sea salt
- Optional – 1 tsp ground cinnamon

INSTRUCTIONS

- Preheat oven to 325°
- Arrange almonds on baking sheet and drizzle with maple syrup, stirring to cover all almonds.
- Roast for 10-15 minutes
- Add almonds to food processor or high-speed blender (such as Vitamix).
- Run until almonds break down, stopping to scrape down sides several times. Continue to run until almonds become creamy, then add sea salt and (cinnamon if desired). Run longer until desired consistency is reached.
- Put in airtight container and store in refrigerator (keeps for 2-3 months).
- Serve over toast, pancakes, waffles, etc.

