

Healthy Nuts



Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Walnuts



Benefits



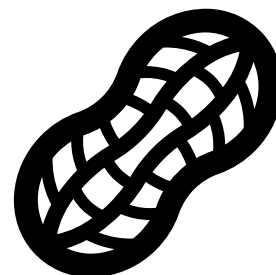
Incorporating Nuts

Key ideas:

Nuts are a rich source of vitamin E, folate, omega-3 and omega-6 fatty acids, magnesium, iron, and phosphorus.

Nuts also have antioxidants. Antioxidants prevent harmful molecules from damaging our bodies and they can reduce inflammation.

Aim to eat walnuts at least four times a week.

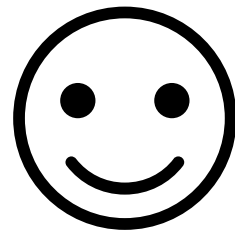
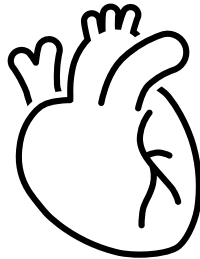


- Nuts provide healthy fats, fibre and protein.
- Hazelnuts, walnuts, cashews, almonds, pistachios, and peanuts all count!
- All nuts have health benefits; but walnuts are especially good for brain health.
- Grinding or chopping nuts or using nut butters are ways to include nuts in other foods.

Try adding nuts to salads, cookies, cereals, soups, breads, granola bars, dips, muffins, and more.

Nuts can...

- Support muscle with protein and other nutrients
- Protect the body from age-related changes that lead to disease.
- Reduce cholesterol and blood sugar levels, which may protect against heart disease and diabetes.
- Reduce the risk of cancer.
- Support brain health.
- Reduce symptoms of depression or anxiety.



How can I get started?

- Aim to eat 30 grams of nuts (1/4 cup or 2 tbsp of nut butters) most days, especially walnuts.

My notes, reflections, and goals:

