

Nuts ...

Quick & Healthy Nibbles

Lancaster County

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Need a quick snack? Nibble on a nut! A handful a day can help keep you healthy!

Though nuts are a higher-fat food, it is mostly heart-healthy unsaturated fat and may help lower low-density lipoproteins (LDL or "bad" cholesterol). As long as you control total calories, eating a handful of nuts daily may help prevent weight gain and possibly promote weight loss.

The fat, protein and fiber in nuts help you feel full longer, so you may eat less during the day. By helping induce a feeling of satiety, nuts may help people feel less deprived and not like they're "dieting." Just limit your portion.



How many nuts are in a handful? Check the chart on the next page. Several links to Websites giving more information about specific nuts are given at the end of the article. For more information about how nuts and seeds fit into the MyPyramid guidelines, visit mypyramid.gov/pyramid/meat.html

Feel Like a Nut?

It's easy to nibble on nuts. Here are two quick ideas plus links to lots more. Store shelled or unshelled nuts in an airtight container in your refrigerator for up to 6 months or for a year in your freezer for best quality.

1. It's in the Bag! You don't have to fire up the stove or get out your cookbook to enjoy nuts. Your handful of nuts may be enjoyed — simply — out of hand.

Divide a container of nuts into small snack bags for easy snacking at home, office or on the road. Keep in the refrigerator until you're ready to enjoy! A snack of nuts may help you resist that gooey sweet roll in the breakroom at work.

2. Just a Sprinkle Sprinkle nuts into these foods: salads, yogurt, cereal, pasta, cooked vegetables, muffins and pancakes (toss a handful or two into your batter)

For added flavor, try toasting nuts. Learn how at <http://lancaster.unl.edu/food/ciq-toasted-nuts-seeds.shtml>

**Nutrients in 1 Handful or Ounce (28 grams)
of Shelled Tree Nuts and Peanuts (1)**

Nut	Nuts per 1 oz./ 28 grams	Calories	Protein	Fat			
				Total	Sat	Mono	Poly
Almonds	24	160	6	14	1	9	3
Brazil nuts	6 - 8	190	4	19	5	7	7
Cashews	18	160	4	13	3	8	2
Hazelnuts	20	180	4	17	1.5	13	2
Macadamias	10 - 12	200	2	22	3	17	0.5
Peanuts	28	170	7	14	2	7	5
Pecans	20 halves	200	3	20	2	12	6
Pine nuts (2) (pignolias)	157	190	4	20	2	6	10
Pistachios	49	160	6	13	1.5	7	4
Walnuts	14 halves	190	4	18	1.5	2.5	13

Source: Adapted from the International Tree Nut Council Research and Education Foundation publications, *Nutrients in 1 Ounce of Tree Nuts and Peanuts*, September 2004

<www.nuthealth.org/nutrition/nutrient1oz.html>

1. All of the nuts are unsalted; almonds, Brazil nuts, hazelnuts, pecans, pine nuts and walnuts are unroasted; cashews, macadamias, peanuts and pistachios are dry roasted.
2. Pignolia variety.

Links to more information about nuts

International Nut Council
www.nuthealth.org

The Walnut Marketing Board
www.walnut.org

The Peanut Institute
www.peanut-institute.org

Almond Board of California
www.almondsarein.com

California Pistachio Association
www.pistachios.org

National Pecan Shellers
Association
www.ilovepecans.org

The Hazelnut Council
www.hazelnutcouncil.org

Peanut Advisory Board
www.peanutbutterlovers.com