W.O.W.
WAC ON WELLNESS

NUTS FOR A HEALTHY HEART

Nuts include some of the healthiest foods we can eat for heart health. The precise reason for their protective effects is not completely understood, but there are several ways they may function to improve heart health:

- Eating nuts is linked to lower levels of "bad" cholesterol.
- Eating more nuts may reduce inflammation linked to heart disease.
- Nuts are associated with a lower risk of developing blood clots.
- Nuts seem to improve the health of the arterial lining.

WHAT IS THE MOST HEART HEALTHY NUT?

Compared with other nuts, walnuts have the highest amounts of a plant-based omega-3 fatty acid called alpha linoleic acid (ALA). ALA may be helpful for managing heart arrhythmias. In addition, a 2006 Spanish study found that walnuts reduced inflammation and oxidation in the arteries after a fatty meal.

NUTS FOR WEIGHT CONTROL

Although all nuts are dense in calories, there is no reason that most people cannot incorporate moderate quantities into a weight loss plan. They tend to satisfy hunger and offer plenty of nutrients to make the calories a good investment in health. A handful of nuts a day is a reasonable quantity for almost anyone.

TIP: Buy nuts in the shell and enjoy the mindful process of cracking and eating them. It will slow you down and allow your body to sense fullness without consuming a large quantity.

BY KIM FLANNERY
Nutrition Director & Registered Dietitian
kflannery@thewac.com

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