


GO NUTS

Drop that bag of chips! Snack on these instead.

 Rich in fibre, vitamin E and protein, nuts pack a punch of nutrients that do wonders for your health. Getting calories from healthy fat (found in nuts) rather than from carbs can cut your risk of coronary heart disease by 30 per cent, according to the US Nurses' Health Study. In other large-scale studies, consuming nuts was found to lower the risk of Type 2 diabetes and gallstone diseases as well. But don't gobble them up because, as healthy as they are, nuts are high in calories. "Have a small handful (40g) two to four times a week as part of a balanced diet," says Jaclyn Reutens, a dietitian on Shape's advisory board. "And choose those not coated with honey or salt."

TICKER-FRIENDLY

The **macadamia** packs the most fat, but there's no need to avoid it. Not only does the Australian nut fight bad cholesterol, it also scores the highest in arginine, an amino acid that relaxes arteries and improves blood flow.

● **Per 40g (about 14 macadamias)**

287kcal, 3.2g protein, 30.3g fat (4.8g saturated), 3.4g fibre

GOOD FOR YOUR EYES

"Happy nut" in Mandarin, the high-protein **pistachio** contains the least fat of this lot. According to nutritional scientists in Pennsylvania in the US, the green nut is also rich in lutein, beta-carotene and gamma-tocopherol, all nutrients that support good vision.

● **Per 40g (about 37 shelled pistachios)**

225kcal, 8.1g protein, 18.2g fat (2.2g saturated), 4.1g fibre

IMMUNITY BOOSTING

First grown and cultivated in the rainforests of the Philippines, the **pili nut** is resistant to frequent typhoons, making its nuts a revered food source. Like the macadamia, the **pili nut** is sweet and buttery. Besides being rich in magnesium (which is needed in many body functions), it also contains more vitamin E than the other nuts.

● **Per 40g (about 22 pili nuts)**

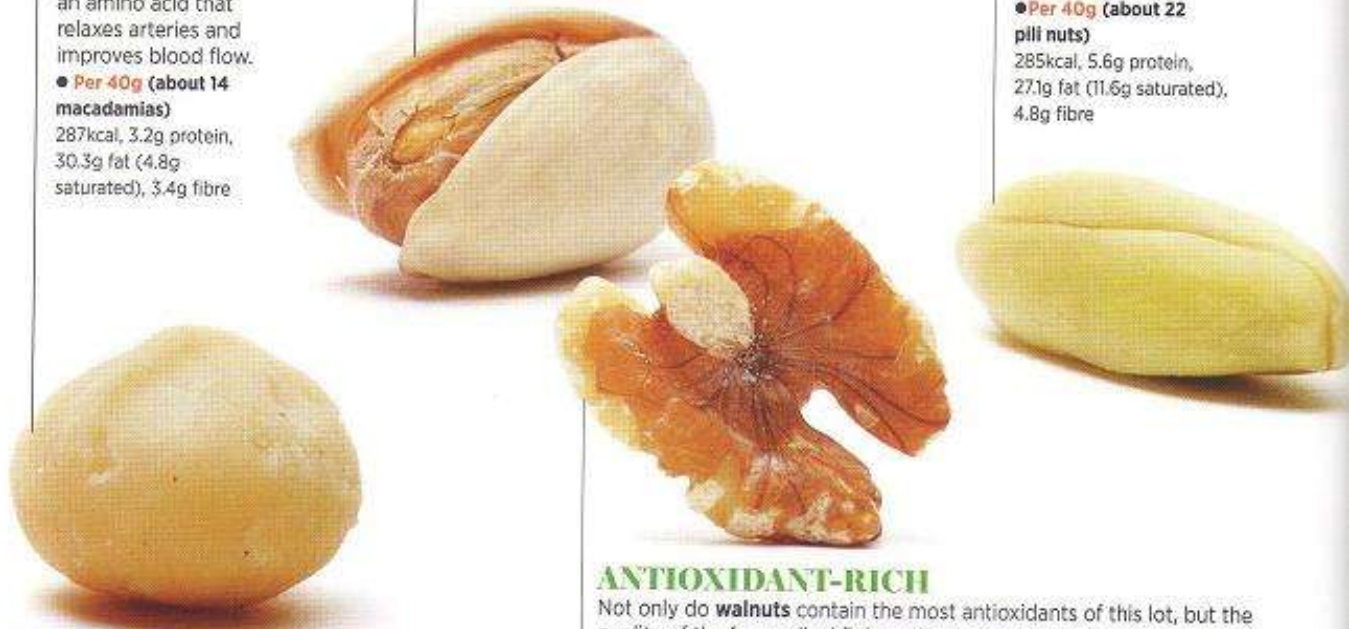
285kcal, 5.6g protein, 27.1g fat (11.6g saturated), 4.8g fibre

ANTIOXIDANT-RICH

Not only do **walnuts** contain the most antioxidants of this lot, but the quality of the free radical fighters beats the rest. According to a study by the University of Scranton, Pennsylvania, antioxidants in walnuts are two to 15 times as strong as those found in vitamin E. They're good for your man, too: A recent US study found that men who ate two handfuls of walnuts a day had better sperm quality than those who did not.

● **Per 40g (about 15 walnuts)**

262kcal, 6.1g protein, 26.1g fat (2.5g saturated), 2.7g fibre



LADEN WITH MINERALS

Eating just two **Brazil nuts** every day can increase your body's level of selenium (a trace mineral that protects cells from harmful free radicals), reports a New Zealand study. They also offer phosphorus, which the body needs to build strong bones and teeth.

●**Per 40g (about 11 Brazil nuts)**
262kcal, 5.8g protein, 26.6g fat (6.1g saturated), 3g fibre

ALTERNATIVE CALCIUM SOURCE

Also known as a filbert, the **hazelnut** has a rich, creamy taste that makes it a popular ingredient in baked desserts. But instead of having them in chocolates and the like, enjoy hazelnuts on their own – just a handful gives you nearly 20 per cent of the calcium from a glass of milk! They are also a major source of heart-friendly monounsaturated fat.

●**Per 40g (about 40 hazelnuts)**
251kcal, 6g protein, 24.3g fat (1.8g saturated), 3.9g fibre

MAINTAINS CELL FUNCTION

Boasting the lowest calorie content, the **cashew** is a good source of lysine, an essential amino acid that supports the growth of healthy cells. According to a study in the *Journal of Molecular Nutrition and Food Research*, cashews contain compounds that stimulate muscle cells to absorb blood sugar.

●**Per 40g (about 26 cashews)**
221kcal, 7.3g protein, 17.5g fat (3.1g saturated), 1.3g fibre

FULL OF FIBRE

A handful of **almonds** gives you nearly 40 per cent of the recommended daily intake of protein and six times the amount of dietary fibre from a bowl of instant oatmeal! Californian researchers have also found that their skin possesses additional flavonoids that work with vitamins C and E to control cholesterol levels.

●**Per 40g (about 31 almonds)**
230kcal, 8.5g protein, 19.8g fat (1.5g saturated), 4.9g fibre

