

Health Benefits of Nuts & Seeds

Heart Health

Regularly consuming nuts & seeds is associated with:

- lower risk of heart disease.^{1, 2}
- significant improvement in blood cholesterol & triglycerides (markers of heart disease risk).^{1, 2}



Weight Management

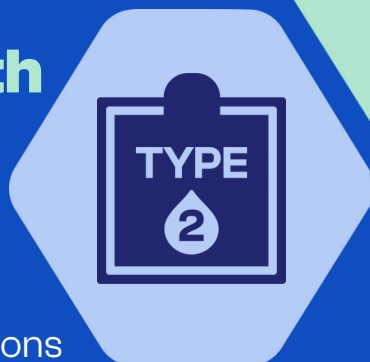
Although nuts & seeds are calorie-dense, nut / seed consumption does not lead to weight gain and may support weight loss due to high protein and fiber content promoting satiety.^{3, 4}



Diabetes & Metabolic Health

Nut & seed consumption is associated with reduced risk of:

- type 2 diabetes development⁴
- heart disease complications & premature death (if already diagnosed with type 2 diabetes)⁵



Brain Health

Nuts & seeds are a good source of essential nutrients that help support brain health and normal cognitive function, including magnesium, zinc, folate, and omega-3 fatty acids.⁶



References:

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3. De Souza RGM, Schincaglia RM, Pimentel GD, Mota JF. Nuts and Human Health Outcomes: A Systematic Review. *Nutrients*. 2017; 9(12):1311. doi.org/10.3390/nu9121311
4. Ros E. Health benefits of nut consumption. *Nutrients*. 2010;2(7):652-682. doi:10.3390/nu2070652
5. Liu G, Guasch-Ferré M, et al. Nut Consumption in Relation to Cardiovascular Disease Incidence and Mortality Among Patients With Diabetes Mellitus. *Circ Res*. 2019;124(6):920-929. doi:10.1161/CIRCRESAHA.118.314316
6. Ni J, Nishi SK, Babio N, et al. Higher versus lower nut consumption and changes in cognitive performance over two years in a population at risk of cognitive decline: a cohort study. *Am J Clin Nutr*. 2023;118(2):360-368. doi:10.1016/j.ajcnut.2023.05.032

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