

Paris Holistic Health



**April 2013
Newsletter**



Sometimes You Feel Like a Nut

Yes, and sometimes I feel like eating nuts. I love nuts and in the past I didn't eat nuts because my mother told me they were too "fattening". I grew up during the era of the low fat diet craze when you did all you could do to eliminate fat in your diet. Today I know that not all fat is created equal and I have learned that nuts are a good source of monounsaturated fat as well as a good source of omega-3 essential fatty acid. These fats are beneficial for good health because they lower Low Density Lipoprotein (LDL), the bad cholesterol and raise High Density Lipoprotein (HDL), the good cholesterol. In addition to this, nuts are rich in vitamins and minerals that are essential to good health such as vitamin E, copper, manganese, magnesium and zinc.

Nuts Help to Keep You Healthy

According to the U.S. Food and Drug Administration, studies have shown that eating 1.5 ounces of almonds, peanuts (not actually a nut but a legume), or walnuts each day may reduce the risk of heart disease provided an individual's diet is low in saturated fat and cholesterol. Nuts are great for satisfying your appetite and may actually reduce the consumption of foods higher in saturated fats. Because nuts are high in fat, they are a great source of energy and help sustain your energy level throughout the day eliminating the need for the mid-afternoon snacks that tend to be higher in saturated fat and sugar.

Ideas for Adding Nuts into your Diet

My favorite way to eat nuts is straight out of the bag by the handful. They are my favorite snack to eat during the day. I also like to sprinkle them in my oatmeal, on my salads, and include them in yogurt parfaits. If you are tracking your calories, you may want to limit your serving to a quarter cup per day. Remember the saying, “variety is the spice of life”, so choose a variety of nuts to include in your diet - almonds, walnuts, pecan, cashews, hazel nuts, Brazil nuts, pistachios, and macadamia nuts.

I hope that you learned something new about these tasty little morsels. If you want to learn more about health and herbs, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule a complimentary discovery session. Get to know the herbalist and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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