

Cracking Shells 101

THE BENEFITS OF EATING NUTS

From almonds to pistachios and everything in between, nuts are so good—and good for you! Enjoy them as a snack, on a salad or even as a topping on your favorite treat.

- 1 PACKED WITH BENEFITS**
Nuts are low in fats, low in carbs and high in protein, making them very nutritious.
- 2 HEART SMART**
Most types of nuts are good for your heart and may reduce risk of stroke and heart attack.
- 3 IMPROVED CIRCULATION**
Eating nuts can get rid of plaque on blood vessels and improve the lining of arteries.
- 4 CURBS CRAVINGS**
Because they're high in protein, nuts can reduce your calorie intake and help you lose weight.
- 5 PREVENTS CELL DAMAGE**
Nuts are loaded with antioxidants that protect your cells from harm.
- 6 FIBER RICH**
Nuts are a great source of fiber that aids in digestion and helps regulate blood sugar levels.

