

# What Are Nuts?

*(Abstracted from Healthline®.com/nutrition)*

Nuts are seed kernels that are widely used in cooking or eaten on their own as a snack. They're high in [fat](#) and calories.

They contain a hard, inedible outer shell that usually needs to be cracked open to release the kernel inside.

Fortunately, you can buy most nuts from the store already shelled and ready to eat.

Here are some of the most commonly consumed nuts:

- Almonds
- Brazil nuts
- Cashews
- Hazelnuts
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts

Though peanuts are technically [legumes](#) like peas and beans, they're usually referred to as nuts due to their similar nutrition profile and characteristics.

**SUMMARY** Nuts are edible, high-fat seed kernels enclosed by a hard shell. They're widely eaten as a snack food or used in cooking.

## Eight Health Benefits of Nuts

Despite being high in fat, they have a number of impressive health and weight benefits.

Here are the top 8 health benefits of eating nuts.

### 1. A Great Source of Many Nutrients

Nuts are highly nutritious. One ounce (28 grams) of mixed nuts contains (1):

- **Calories:** 173
- **Protein:** 5 grams
- **Fat:** 16 grams, including 9 grams of monounsaturated fat
- **Carbs:** 6 grams
- **Fiber:** 3 grams
- **Vitamin E:** 12% of the RDI
- **Magnesium:** 16% of the RDI
- **Phosphorus:** 13% of the RDI
- **Copper:** 23% of the RDI
- **Manganese:** 26% of the RDI
- **Selenium:** 56% of the RDI

Some nuts are higher in certain nutrients than others. For instance, just one Brazil nut provides more than 100% of the Reference Daily Intake (RDI) for selenium ([2](#)).

The carb content of nuts is highly variable. Hazelnuts, macadamia nuts, and Brazil nuts have fewer than 2 grams of digestible carbs per serving, while cashews have almost 8 digestible carbs per serving.

**SUMMARY** Nuts are high in fat, low in carbs, and a great source of several nutrients, including vitamin E, magnesium, and selenium.

## 2. Loaded With Antioxidants

Nuts are antioxidant powerhouses.

Antioxidants, including the polyphenols in nuts, can combat oxidative stress by neutralizing free radicals — unstable molecules that may cause cell damage and increase disease risk ([3Trusted Source](#)).

One study found that [walnuts](#) have a greater capacity to fight free radicals than fish ([4Trusted Source](#)).

Research shows that the antioxidants in walnuts and almonds can protect the delicate fats in your cells from being damaged by oxidation ([5Trusted Source](#), [6Trusted Source](#), [7Trusted Source](#)).

In one study in 13 people, eating walnuts or almonds increased polyphenol levels and significantly reduced oxidative damage, compared to a control meal ([7Trusted Source](#)).

Another study found that 2–8 hours after consuming whole pecans, participants experienced a 26–33% drop in their levels of oxidized “bad” LDL cholesterol — a major risk factor for heart disease ([8Trusted Source](#)).

However, studies in older people and individuals with metabolic syndrome found that walnuts and cashews didn’t have a big impact on antioxidant capacity, though some other markers improved ([9Trusted Source](#), [10Trusted Source](#)).

**SUMMARY** Nuts contain antioxidants known as polyphenols, which may protect your cells and “bad” LDL cholesterol from damage caused by free radicals.

### 3. May Aid Weight Loss

Though they’re considered a high-calorie food, research suggests that nuts may help you [lose weight](#).

One large study assessing the effects of the [Mediterranean diet](#) found that people assigned to eat nuts lost an average of 2 inches (5 cm) from their waists — significantly more than those given olive oil ([11Trusted Source](#)).

Almonds have consistently been shown to promote weight loss rather than weight gain in controlled studies. Some research suggests that pistachios aid weight loss as well ([12Trusted Source](#), [13Trusted Source](#), [14Trusted Source](#)).

In one study in overweight women, those eating almonds lost nearly three times as much weight and experienced a significantly greater decrease in waist size compared to the control group ([15Trusted Source](#)).

What's more, even though nuts are quite high in calories, research shows that your body doesn't absorb all of them, as a portion of fat stays trapped within the nut's fibrous wall during digestion ([16Trusted Source](#), [17Trusted Source](#), [18Trusted Source](#)).

For instance, while the nutrition facts on a package of almonds may indicate that a 1-ounce (28-gram) serving has 160–170 calories, your body only absorbs about 129 of these calories ([19Trusted Source](#)).

Similarly, recent studies found that your body absorbs about 21% and 5% fewer calories from walnuts and pistachios, respectively, than had previously been reported ([20Trusted Source](#), [21Trusted Source](#)).

**SUMMARY** Nuts have been shown to promote weight loss rather than contribute to weight gain. Several studies indicate that your body doesn't absorb all of the calories in nuts.

## 4. May Lower Cholesterol and Triglycerides

Nuts have impressive effects on cholesterol and triglyceride levels.

Pistachios have been shown to lower triglycerides in people who are obese and those with diabetes.

In one 12-week study in obese people, those eating pistachios had triglyceride levels nearly 33% lower than in the control group ([14Trusted Source](#), [22Trusted Source](#)).

The cholesterol-lowering power of nuts may be due to their high content of monounsaturated and polyunsaturated fatty acids.

Almonds and hazelnuts appear to raise “good” HDL cholesterol while reducing total and “bad” LDL cholesterol. One study found that ground, sliced, or whole hazelnuts had similar beneficial effects on cholesterol levels ([23Trusted Source](#), [24Trusted Source](#), [25Trusted Source](#), [26Trusted Source](#)).

Another study in women with metabolic syndrome observed that eating a 1-ounce (30-gram) mix of walnuts, peanuts, and pine nuts per day for 6 weeks significantly lowered all types of cholesterol — except “good” HDL ([27Trusted Source](#), [28Trusted Source](#)).

Several studies show that macadamia nuts [lower cholesterol levels](#) as well. In one trial, a moderate-fat diet including macadamia nuts reduced cholesterol as much as a lower-fat diet ([29Trusted Source](#), [30Trusted Source](#), [31Trusted Source](#), [32Trusted Source](#)).

**SUMMARY** Nuts may help lower total and “bad” LDL cholesterol and triglycerides while boosting levels of “good” HDL cholesterol.

## 5. Beneficial for Type 2 Diabetes and Metabolic Syndrome

Type 2 diabetes is a common disease affecting hundreds of millions of people worldwide.

Metabolic syndrome refers to a group of risk factors that may increase your risk of heart disease, stroke, and type 2 diabetes.

Therefore, type 2 diabetes and metabolic syndrome are strongly linked.

Interestingly, nuts may be one of the best foods for people with metabolic syndrome and type 2 diabetes.

First off, they're low in carbs and don't raise blood sugar levels much. Thus, substituting nuts for higher-carb foods should lead to [reduced blood sugar levels](#).

Studies suggest that eating nuts may also lower oxidative stress, blood pressure, and other health markers in people with diabetes and metabolic syndrome ([33Trusted Source](#), [34Trusted Source](#), [35Trusted Source](#), [36Trusted Source](#), [37Trusted Source](#)).

In a 12-week controlled study, people with metabolic syndrome who ate just under 1 ounce (25 grams) of pistachios twice per day experienced a 9% decrease in fasting blood sugar, on average ([37Trusted Source](#)).

What's more, compared to the control group, the pistachio group had greater reductions in blood pressure and C-reactive protein (CRP), a marker of inflammation linked to heart disease.

However, the evidence is mixed and not all studies note a benefit from eating nuts in people with metabolic syndrome ([38Trusted Source](#)).

**SUMMARY** Several studies have shown that blood sugar, blood pressure, and other health markers improve when people with type 2 diabetes and metabolic syndrome include nuts in their diet.

## 6. May Reduce Inflammation

Nuts have strong [anti-inflammatory properties](#).

Inflammation is your body's way of defending itself from injury, bacteria, and other potentially harmful pathogens.

However, chronic, long-term inflammation can cause damage to organs and increase disease risk. Research suggests that eating nuts may reduce inflammation and promote healthy aging ([39Trusted Source](#)).

In a study on the Mediterranean diet, people whose diets were supplemented with nuts experienced a 35% and 90% decrease in the inflammatory markers C-reactive protein (CRP) and interleukin 6 (IL-6), respectively ([40Trusted Source](#)).

Similarly, some nuts — including pistachios, Brazil nuts, walnuts, and almonds — have been found to fight inflammation in healthy people and those with serious conditions like diabetes and kidney disease ([25Trusted Source](#), [37Trusted Source](#), [41Trusted Source](#), [42Trusted Source](#), [43Trusted Source](#), [44Trusted Source](#)).

Yet, one study on almond consumption in healthy adults observed little difference between the almond and control groups — though a few inflammatory markers decreased in those eating almonds ([45Trusted Source](#)).

**SUMMARY** Research suggests that nuts may reduce inflammation, especially in people with diabetes, kidney disease, and other serious health conditions.

## 7. High in Beneficial Fiber



[Fiber](#) provides many health benefits.

While your body can't digest fiber, the bacteria that live in your colon can.

Many types of fiber function as [prebiotics](#) or food for your healthy gut bacteria.

Your gut bacteria then ferment the fiber and turn it into beneficial [short-chain fatty acids](#) (SCFAs).

These SCFAs have powerful benefits, including improving gut health and reducing your risk of diabetes and obesity ([46Trusted Source](#), [47Trusted Source](#), [48Trusted Source](#)).

Plus, fiber helps you feel full and reduces the number of calories you absorb from meals. One study suggests that increasing fiber intake from 18 to 36 grams daily may result in up to 130 fewer calories absorbed ([49Trusted Source](#), [50Trusted Source](#)).

Here are the nuts with the highest fiber content per 1-ounce (28-gram) serving:

- **Almonds:** 3.5 grams
- **Pistachios:** 2.9 grams
- **Hazelnuts:** 2.9 grams
- **Pecans:** 2.9 grams
- **Peanuts:** 2.6 grams
- **Macadamias:** 2.4 grams
- **Brazil nuts:** 2.1 grams

**SUMMARY** Many nuts are high in fiber, which can reduce disease risk, help keep you full, decrease calorie absorption, and improve gut health.

## 8. May Reduce Your Risk of Heart Attack and Stroke

Nuts are extremely [good for your heart](#).

Several studies suggest that nuts help lower heart disease and stroke risk due to their benefits for cholesterol levels, “bad” LDL particle size, artery function, and inflammation ([11Trusted Source](#), [51Trusted Source](#), [52Trusted Source](#), [53Trusted Source](#), [54Trusted Source](#), [55Trusted Source](#), [56Trusted Source](#), [57Trusted Source](#)).

Studies found that small, dense LDL particles may increase heart disease risk more than larger LDL particles ([58Trusted Source](#), [59Trusted Source](#)).

Interestingly, one study on the Mediterranean diet found that people who ate nuts had a significant decline in small LDL particles and an increase in large LDL particles, as well as “good” HDL cholesterol levels ([11Trusted Source](#)).

In another study, people with normal or high cholesterol were randomly assigned to consume either olive oil or nuts with a high-fat meal.

People in the nut group had better artery function and lower fasting triglycerides than the olive oil group — regardless of their initial cholesterol levels ([51Trusted Source](#)).

**SUMMARY** Nuts may significantly lower your risk of heart attack and stroke. Eating nuts increases “bad” LDL particle size, raises “good” HDL cholesterol, improves artery function, and has various other benefits.

# Delicious, Versatile, and Widely Available

Nuts can be enjoyed whole, as [nut butters](#), or chopped up and sprinkled on food.

They're widely available in grocery stores and online and come in a wide variety of options, including salted, unsalted, seasoned, plain, raw, or roasted.

In general, it's healthiest to eat nuts raw or toast them in the oven at a temperature below 350°F (175°C). Dry-roasted nuts are the next-best option, but try to avoid nuts roasted in [vegetable and seed oils](#).

Nuts can be kept at room temperature, which makes them ideal for on-the-go snacks and traveling. However, if you're going to be storing them for long, a refrigerator or freezer will keep them fresher.

**SUMMARY** Nuts can be enjoyed whole, as nut butters, or chopped up on food. They're healthiest raw or toasted. Store them at room temperature or put them in the fridge or freezer to keep them fresher for longer.

## The Bottom Line

Eating nuts on a regular basis may improve your health in many ways, such as by reducing diabetes and heart disease risk, as well as cholesterol and triglyceride levels.

This nutritious high-fiber treat may even aid weight loss — despite its high calorie count.

As long as you eat them in moderation, nuts make for a tasty addition to a healthy, [balanced diet](#).

## The Top 9 Nuts to Eat for Better Health

Crunchy, filling, and nutritious, nuts are a fantastic food to have on hand.

They're a good source of fiber, healthy fats, and plant protein. Plus, they're great on their own, paired with fruit, or added to dishes like salads, desserts, and grains.

What's more, research suggests that eating more nuts may support a healthy body weight and help reduce your risk of certain health conditions, including heart disease ([1Trusted Source](#), [2Trusted Source](#), [3Trusted Source](#)).

Nuts are also an excellent food choice for kids. In fact, studies show that adding nuts to your child's diet may improve their intake of protein, healthy fats, and fiber ([4Trusted Source](#)).

Nuts have various textures, flavors, and nutrient profiles.

Here are 9 nutritious nuts to add to your diet.

### 1. Almonds

Almonds are incredibly popular due to their flavor, impressive nutrient profile, and relatively cheap cost. You can eat them raw or roasted, and they're often made into almond butter, almond flour, and almond milk ([5Trusted Source](#)).

A 1-ounce (28-gram) serving of roasted [almonds](#) contains ([6Trusted Source](#)):

- **Calories:** 170
- **Fat:** 15 grams
- **Protein:** 6 grams
- **Carbs:** 6 grams
- **Fiber:** 3 grams
- **Vitamin E:** 45% of the Daily Value (DV)
- **Magnesium:** 19% of the DV
- **Manganese:** 27% of the DV

These nuts are especially rich in vitamin E, a fat-soluble nutrient that functions as an antioxidant to protect your cells against oxidative damage. This vitamin also supports immune function and cellular communication ([7Trusted Source](#)).

Not only are almonds a good source of healthy fat, protein, fiber, and several vitamins and minerals, but they may also reduce heart disease risk factors like elevated LDL (bad) cholesterol and excess belly fat ([8Trusted Source](#), [9Trusted Source](#)).

A 12-week study in 219 young adults found that those who ate 2 ounces (56 grams) of almonds daily had significant reductions in LDL (bad) cholesterol, inflammatory markers, and hemoglobin A1c — a marker of blood sugar control — compared with a control group ([10Trusted Source](#)).

Finally, almonds may promote gut health by supporting the growth of [beneficial gut bacteria](#), including *Bifidobacteria* and *Lactobacillus* species ([11Trusted Source](#)).

## SUMMARY

Almonds are high in several essential nutrients. Eating them regularly may boost heart and gut health.

## 2. Pistachios

Pistachios — whose name is derived from the Greek word pistákion, which means “the green nut” — have been eaten since 6,000 B.C. ([12Trusted Source](#)).

These vibrant nuts are packed with nutrients but lower in calories and fat than many other nuts.

Just 1 ounce (28 grams) of [pistachios](#) contains ([13Trusted Source](#)):

- **Calories:** 159
- **Fat:** 13 grams
- **Protein:** 6 grams
- **Carbs:** 8 grams
- **Fiber:** 3 grams
- **Vitamin B1 (thiamine):** 21% of the DV
- **Vitamin B6:** 28% of the DV
- **Phosphorus:** 11% of the DV

Pistachios are a good source of numerous nutrients, including vitamin B6, which your body needs for nutrient metabolism and immune function ([14Trusted Source](#)).

Additionally, these nuts are rich in plant compounds like the carotenoids [lutein and zeaxanthin](#), as well as anthocyanins, flavonoids, and proanthocyanidins, all of which have significant antioxidant and anti-inflammatory properties ([12Trusted Source](#)).

In a 4-month study including 100 people with overweight, one group ate 1.5 ounces (42 grams) of pistachios per day and underwent a group-based behavioral weight loss program, while the other group only participated in the weight loss program.

The groups lost similar amounts of weight, but the pistachio group experienced significant reductions in blood pressure and significant increases in blood antioxidant levels. Plus, they ate more fiber and fewer sweets than the control group ([15Trusted Source](#)).

## SUMMARY

Pistachios are a good source of anti-inflammatory and antioxidant compounds. Plus, they may improve blood pressure and other health markers.

## 3. Walnuts

Walnuts are linked to multiple health benefits and have an impressive nutrient profile. Just 1 ounce (28 grams) contains ([16Trusted Source](#)):

- **Calories:** 185
- **Fat:** 18.5 grams
- **Protein:** 4 grams

- **Carbs:** 4 grams
- **Fiber:** 2 grams
- **Copper:** 50% of the DV
- **Magnesium:** 11% of the DV
- **Manganese:** 42% of the DV

These nuts are an excellent source of copper, a mineral that your body needs to produce enzymes involved in energy production and neurotransmitter synthesis. Copper also aids immune function, blood vessel development, and more ([17Trusted Source](#)).

Walnuts have been shown to benefit [heart health](#) and may reduce several heart disease risk factors, including elevated blood pressure, LDL (bad) cholesterol, and triglyceride levels ([18Trusted Source](#), [19Trusted Source](#), [20Trusted Source](#)).

Additionally, human and animal research suggests that eating 1–2 ounces (28–57 grams) of [walnuts](#) per day may improve brain function and reduce risk factors for dementia, such as heart disease and type 2 diabetes ([21Trusted Source](#)).

Although these findings are promising, more studies are needed.

## SUMMARY

Walnuts, which are an especially good source of copper and manganese, may boost heart and brain health.



## 4. Cashews

Cashews have a crunchy texture and creamy mouthfeel that pair well with both savory and sweet dishes. You can eat them raw, roasted, or as nut butter.

Only 1 ounce (28 grams) of raw [cashews](#) offers ([22Trusted Source](#)):

- **Calories:** 155
- **Fat:** 12 grams
- **Protein:** 5 grams
- **Carbs:** 9 grams
- **Fiber:** 1 gram
- **Vitamin K:** 8% of the DV
- **Magnesium:** 20% of the DV
- **Manganese:** 20% of the DV

These nuts are a good source of several nutrients that are essential to bone health, including protein, vitamin K, magnesium, and manganese ([23Trusted Source](#)).

Several studies have examined whether diets high in cashews improve symptoms of [metabolic syndrome](#), a cluster of symptoms like elevated blood pressure, blood fat levels, blood sugar, and belly fat that increase your risk of heart disease and diabetes ([24Trusted Source](#)).

A review of five studies found that eating cashews led to significant reductions in blood pressure and triglyceride levels ([24Trusted Source](#)).

However, some studies have observed mixed results, so more research is needed ([25Trusted Source](#)).

## SUMMARY

Some studies suggest that cashews may improve blood fat levels and reduce blood pressure. They also provide vitamin K and minerals like magnesium and manganese.

## 5. Pecans

Pecans are mild nuts that are popular for cakes, pies, salads, and grain dishes.

One ounce (28 grams) of roasted pecans provides ([26Trusted Source](#)):

- **Calories:** 201
- **Fat:** 21 grams
- **Protein:** 3 grams
- **Carbs:** 4 grams
- **Fiber:** 3 grams
- **Vitamin B1 (thiamine):** 11% of the DV
- **Zinc:** 13% of the DV
- **Manganese:** 48% of the DV

Like other nuts, [pecans](#) are rich in healthy fats, fiber, vitamins, and minerals.

They're a good source of the mineral zinc, which plays an important role in immune function, wound healing, DNA synthesis, and growth and development ([27Trusted Source](#)).

Additionally, some research suggests that pecans benefit heart health.

A small, 8-week study in 56 people at risk of heart disease demonstrated that those who ate pecans daily had significant reductions in LDL (bad) cholesterol and [triglyceride levels](#), compared with a control group ([28Trusted Source](#)).

## SUMMARY

Pecans contain a variety of beneficial nutrients, including zinc and manganese. Among other benefits, they may promote heart health.

## 6. Macadamia nuts

Macadamia nuts have a buttery texture and contain an array of nutrients. Just 1 ounce (28.35 grams) offers ([29Trusted Source](#)):

- **Calories:** 204
- **Fat:** 21.5 grams
- **Protein:** 2 grams
- **Carbs:** 4 grams
- **Fiber:** 2.5 grams
- **Vitamin B1 (thiamine):** 28% of the DV
- **Manganese:** 51% of the DV
- **Copper:** 24% of the DV

These nuts are high in healthy fats and lower in carbs than many nuts, making them a popular choice for those on [low carb diets](#).

Adding [macadamia nuts](#) to your diet may benefit your health in a number of ways. For example, studies have shown that eating tree nuts, including macadamia nuts, may help reduce LDL (bad) cholesterol, triglycerides, and blood sugar levels ([30Trusted Source](#), [31Trusted Source](#)).

## SUMMARY

Macadamia nuts are high in healthy fats and other important nutrients like vitamin B1 and manganese.

## 7. Brazil nuts

[Brazil nuts](#) are a rich source of many nutrients, especially the mineral selenium.

A 1-ounce (28-gram) serving of contains ([32Trusted Source](#)):

- **Calories:** 187
- **Fat:** 19 grams
- **Protein:** 4 grams
- **Carbs:** 3 grams
- **Fiber:** 2 grams
- **Vitamin E:** 11% of the DV
- **Magnesium:** 25% of the DV
- **Selenium:** 989% of the DV

Brazil nuts are high in a number of vitamins and minerals, including vitamin E and magnesium, a mineral that's essential for blood sugar and blood pressure regulation, nerve function, and energy production ([33Trusted Source](#)).

Moreover, these nuts are one of the richest dietary sources of [selenium](#), a nutrient your body needs for critical functions like thyroid hormone production and DNA synthesis ([34Trusted Source](#)).

However, you should keep your intake to just a few nuts per day to avoid exceeding the upper limit of 400 mcg, which may lead to selenium poisoning ([34Trusted Source](#)).

Still, this condition is likelier to occur when you're getting too much selenium from supplements, not food.

While the selenium concentration in Brazil nuts depends on many factors, this mineral functions as a powerful antioxidant and may protect against oxidative damage ([35Trusted Source](#), [36Trusted Source](#), [37Trusted Source](#)).

## SUMMARY

Brazil nuts are an excellent source of selenium, a nutrient that serves as an antioxidant and is necessary for thyroid health.

## 8. Hazelnuts

Hazelnuts are highly nutritious, packing healthy fats, protein, and fiber. Only 1 ounce (28 grams) contains ([38Trusted Source](#)):

- **Calories:** 178
- **Fat:** 17 grams
- **Protein:** 4 grams
- **Carbs:** 5 grams
- **Fiber:** 3 grams
- **Vitamin E:** 28% of the DV
- **Magnesium:** 11% of the DV
- **Manganese:** 76% of the DV

In addition to being a good source of vitamins and minerals, hazelnuts are loaded with plant compounds like gallic acid, epicatechin, caffeic acid, and [quercetin](#), which have antioxidant and anti-inflammatory effects ([39Trusted Source](#)).

Therefore, these nuts may help improve your diet quality and increase your antioxidant intake.

Plus, one review suggests that regularly eating [hazelnuts](#) may help reduce heart disease risk factors like elevated LDL (bad) cholesterol and total cholesterol ([40Trusted Source](#)).

## SUMMARY

Hazelnuts, which are a good source of nutrients like vitamin E and manganese, may reduce certain heart disease risk factors.

## 9. Peanuts

While peanuts technically belong to [the legume family](#), they have a nutrient profile similar to that of tree nuts, comparable health benefits, and related culinary uses.

One ounce (28.35 grams) of raw peanuts contains roughly ([41Trusted Source](#)):

- **Calories:** 162
- **Fat:** 13.5 grams
- **Protein:** 7 grams
- **Carbs:** 6 grams
- **Fiber:** 2.5 grams
- **Vitamin B3 (niacin):** 23% of the DV
- **Vitamin B9 (folate):** 17% of the DV
- **Magnesium:** 12% of the DV

Peanuts are a rich source of plant protein, which can help you feel full, and are [high in folate](#), a B vitamin that's especially important during pregnancy due to its role in fetal and placental development ([42Trusted Source](#)).

Plus, studies show that diets rich in nuts, including peanuts, may benefit heart health.

One study in over 200,000 people associated eating peanuts and tree nuts twice per week or more with up to a 19% lower risk of heart disease ([2Trusted Source](#)).

## SUMMARY

Peanuts, which are technically legumes, provide several B vitamins and may help reduce your risk of heart disease.

## The bottom line

Nuts like almonds, pistachios, walnuts, [peanuts](#), and hazelnuts are a great source of nutrients, such as protein, fat, fiber, vitamins, and minerals.

When eaten as part of a nutrient-dense diet, nuts may reduce your risk of heart disease and [support immune health](#), among other benefits.

Plus, nuts are versatile and delicious. You can enjoy them on their own or pair them with other nutritious foods like fruits and vegetables.