

The Two Best Nuts to Eat

Nuts have played a vital role in the diet of human beings since the beginning. Today, they still play an important role and chances are good that they should be a larger part of your regular diet. Which nuts are best to eat? Actually, here, you will find two uncontested frontrunners – almonds and walnuts. Why those two particular nuts, though? What do they have to offer? Read on and you will discover some very interesting facts about these overlooked nuts.

Almonds: Good for the Body

Almonds can be found everywhere, from candy bars to concession stands. Moreover, that's for very good reason. You will find that almonds have some of the highest protein content in the world. They also contain monounsaturated fat – the kind that is actually good for your heart. In addition, you will find that almonds offer fiber, iron, magnesium and more. In fact, almonds have 75 mg of calcium in them – more than any other nut. Finally, you will find that a single serving has half of your daily requirement of vitamin E, as well.

Walnuts: Heart Health and More

Walnuts play an important role in a wide range of different foods, usually as a topping or a filler. Walnuts have been approved by the FDA for heart healthy claims, just as almonds have. These claims are based on walnuts' high content of monounsaturated fat and Omega 3 fatty acids. In addition, you will find that these nuts offer you an incredible amount of vitamin E, B vitamins, fiber, magnesium and several antioxidants other than vitamin E.

Perhaps one of the best things about these nuts is the number of ways in which they can be incorporated into a healthful diet. You can use them as toppings on your own food, for instance. Walnuts make a great snack, as well, and can replace cookies or chips. They can also put into salad for a great crunch and more flavor. They also go great on oatmeal or with cereal.

Almonds are just as versatile as their larger brethren area. Roasted almonds can be covered in cinnamon for an amazing treat. Almonds can also be baked with apples and cinnamon for a unique dessert option. These nuts can also be eaten as a standalone snack just like walnuts, and can replace a wide range of unhealthy foods that might be tempting you to indulge.