

[IMAGE]

## **Ward off Diabetes With Walnuts**

Incorporating nuts into your diet is essential and diabetes is one thing you are fearful of, then eating one particular kind of nut can help - walnuts. This is especially true for women, according to new research. Eating walnuts may reduce the risk for Type 2 diabetes in women, a large new study concluded.

We all know walnuts are high in both omega-3 and omega-6 fatty acids, which are linked to playing a major role in preventing Type 2 diabetes. The new study that was published by scientists, in the April issue of *The Journal of Nutrition*, used dietary and health data on 138,000 women participating in a large continuing study of women's health. Beginning in 1999 they collected data on walnut consumption, and followed the women for the next 10 years. They found 5,930 cases of Type 2 diabetes.

What are some of the other benefits that the scientists found when it came to walnuts?

Researchers found that compared with women who ate no walnuts, those who consumed 8 ounces of walnuts or more a month reduced their risk for Type 2 diabetes by 24 percent.

This is great news and a great reason for you to begin implementing this flavorful nut into your diet.

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/article.php?id=1778&no\\_paginate=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/article.php?id=1778&no_paginate=true&no_b=true)