

[IMAGE]

## Go Nuts About Protecting Your Heart

By Editorial Staff

If you're nuts about nuts, you're in luck: besides tasting great, they're also a tasty way to help reduce your risk of heart disease, and the research continues to prove it. According to one of the latest studies, published by the *Journal of the American College of Cardiology*, eating nuts five times or more a week reduces the risk of developing cardiovascular disease by 14 percent and lowers the risk of coronary heart disease by even more - 20 percent.

In the study, nut consumption was defined as one 28-gram serving, which translates to about one ounce - the standard serving size for most nuts. The study also determined individual risk reductions based on the type of nut consumed:

- Walnuts (at least once weekly): 19 percent lower risk of cardiovascular disease / 21 percent lower risk of coronary heart disease
- Peanuts (at least twice weekly): 13 percent lower risk of cardiovascular disease / 15 percent lower risk of coronary heart disease
- Tree nuts (almonds, cashews or pistachios; twice weekly or more frequently): 145 percent lower risk of cardiovascular disease / 23 percent lower risk of coronary heart disease

So grab a handful of your favorite nuts and enjoy the heart benefits! Talk to your doctor for more information, and keep in mind that nuts are high in fat and can be high in sodium, so look for a no-salt variety if available.

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