

What are walnuts?

Walnuts are a seeded fruit that come from a walnut tree. They are rich in Omega-3 fatty acids, antioxidants, proteins and various vitamins and minerals all of which provide several health benefits.



- **Omega-3 Fatty Acids:** Walnuts are rich in this fatty acid and are good for your heart. They provide a substantial amount of monounsaturated fatty acids, which are “good fats.” Because of the “good fats,” consuming walnuts can be beneficial in lowering your bad cholesterol (LDL) and improving your good cholesterol (HDL), thus decreasing risk of cardiovascular disease.
- **Calcium:** One of the more important minerals found in walnuts is calcium, which is extremely beneficial in bone health. Increasing your dietary calcium increases the absorption and storage of the mineral and thus causing stronger bones!
- **Vitamin E:** Walnuts are an excellent source of Vitamin E, which is a powerful antioxidant and helps protect your skin.