

GO NUTS EVERY DAY



Have you had your daily handful of nuts today?

Tree nuts, such as almonds, Brazils, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts, may help reduce the risk for chronic diseases such as heart disease, diabetes and some forms of cancer. In addition to their great taste, all nuts are cholesterol-free and full of important nutrients, including protein, fiber and phytochemicals. They're also a great source of vitamins such as folic acid, niacin, and vitamins E and B-6, and minerals like magnesium, copper, zinc, selenium, phosphorous and potassium.

The majority of fat in tree nuts is unsaturated, or "good" fat (i.e., mono- and polyunsaturated fats). The key to including nuts in the diet without adding extra fat and calories is portion control. As little as one handful— or 1½ ounces— of nuts per day can provide nutritional benefits.

To help you go nuts every day, see the tips on the back for adding tree nuts to any menu plan. Either add 1½ ounces (or 1/3 cup) all at once, or enjoy them throughout the day. Mix and match your favorite tree nuts with any food... experiment and Go Nuts!

NUTRITION IN EVERY HANDFUL



Almonds

Excellent Source of Vitamin E
20-24



Walnuts

Excellent Source of
Omega-3 Fatty Acids
10-14 Halves



Pine Nuts

High in Copper
157-167



Cashews

Rich in Magnesium
16



Brazil Nuts

One Nut Provides
100% DV of Selenium
6-8



Pecans

High in Total Flavonoids
18-20 Halves



Pistachios

Great Source of Plant Sterols
47-49



Hazelnuts

Rich in Vitamin E
19-21



Macadamias

Excellent Source of Manganese
10-12

What is an ounce of Tree Nuts?

The answer varies depending on
the type and size of each nut.

Here are some examples of one-ounce
portions of each tree nut, along with
the average number of nuts per serving.

Almonds

Good Source of
Magnesium
6-18



Breakfast

Sprinkle chopped tree nuts on yogurt, hot or cold cereal, or in cream cheese spreads for bagels. Add chopped macadamias or pistachios to your favorite bread, pancake, waffle or muffin recipe.

Snacks

Tree nuts are perfect as a tasty snack between meals, and research has shown that they may keep you full longer. For better portion control, divide your favorite tree nuts in 1½ ounce portions (about 1/3 cup) and store them in individual bags. This way, you can simply grab a bag of nuts on your way out the door, or keep several bags on hand in the car or in your desk, for easy snacking.

When snacking at home, mix toasted tree nuts with popcorn or trail mix to boost the nutrition content.

Appetizers

Top softened Brie or Camembert cheese with chopped pistachios for a simple, elegant treat. Add your favorite tree nuts to any cheese and cracker platter, or simply serve them straight up in a festive bowl!

Soups

Sprinkle chopped nuts on a bowl of soup for added flavor and texture. For example, garnish potato soup with minced pecans or a hearty split pea with hazelnuts.

Salads

Restaurants often serve creative salads with various tree nuts and fruit. Do the same at home by adding whole, sliced or chopped tree nuts to your favorite salad recipes. For instance, toss pecans and/or walnuts with blue cheese or Gorgonzola to add zip to a spinach salad; or garnish chicken salad with slivered almonds.

Veggies

Nutty vinaigrettes made with chopped hazelnuts or Brazils, add pizzazz to steamed vegetables... even the pickiest of eaters may give them a try!

Pasta

Pine nuts have always been the secret ingredient to a tasty pesto, but other tree nuts can also add protein and flavor. Sprinkled on top or mixed in with a sauce, nuts give a special flair to any pasta dish. Fettuccini with toasted walnuts is always a hit.

Entrees

Toss finely diced toasted almonds into a ginger-shrimp sauté or add toasted cashews to Chinese vegetable stir-fry dishes. Sprinkle chopped mixed tree nuts on your favorite casseroles.

Coat for Flavor...

Need a quick and easy coating to spruce up dinner? Mix equal parts prepared seasoned breadcrumbs and finely chopped, toasted, mixed nuts; add the herb or spice of your choice, such as basil, thyme, cayenne pepper or cumin. Dip meat, fish or poultry into crumb mixture, pressing to coat. Bake, broil or grill. Bon appétit!

Desserts

Tree nuts are wonderful in baked goods such as cookies, cakes and brownies, but you can also sprinkle them on top of ice cream, frozen yogurt and parfaits. Toss chopped macadamias and other tree nuts with fresh fruit for a light and tasty dessert.



Tips for Toasting...

To bring out extra flavor, spread whole, chopped or sliced tree nuts in a single layer in an ungreased baking pan. Place in 350° oven and bake 5 to 10 minutes or until nuts are slightly brown; stir once or twice until lightly toasted. Remove from

pan to cool. Nuts will continue to brown slightly after removing from oven.

Tips for Buying and Storing...

- When buying whole, unshelled nuts, be sure to look for clean shells without cracks. The exception is pistachios, which are usually sold in a semi-open shell.
- Whole, raw shelled nuts should appear fairly uniform in color and size.
- To keep tree nuts as fresh as possible, store them in an air-tight container in the refrigerator for up to six months, or up to a year in the freezer.

The International Tree Nut Council Nutrition Research & Education Foundation (INC NREF), a nonprofit organization, represents nine tree nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts. For more information on tree nuts and health, please visit our website at...