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## **Healthy Nuts for Health Nuts** ( & Those Who Wish to Live Longer )

by: Michael Dolan

Eating a diet containing nuts daily can help control weight, contribute to good heart health, and provide a bounty of nutrients. Most tree nuts are high in fat. But walnuts, pecans, hickory, butternuts, almonds & hazelnuts are very low in saturated fat & have no cholesterol. These fats are monounsaturated and are known for their cholesterol curbing properties. These nuts are high in antioxidant vitamins, vitamin E, proteins, especially B-6, and minerals. Their high fiber content promotes a feeling of fullness; thus one is less tempted to overeat. They contain resveratrol, the same anti-cancer compound found in red wine.

A recent review of 16 clinical and epidemiological studies indicates that regular consumption of nuts can lower risk of Alzheimer's disease and sudden heart attacks.

Chestnuts are a healthy source of nutrition, very different from other nuts. They are very low in fat, high in carbohydrates and minerals, with a complete protein containing 13 amino acids. Historically, in chestnut growing regions of the world, chestnuts have been consumed as a staple food, much like potatoes, corn, wheat and rice.