

Walnuts!

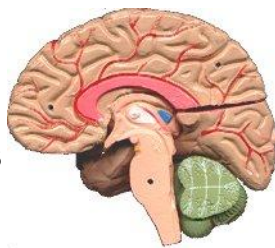


A source to a healthier you!

Walnuts have been shown to be an excellent anti-aging food. Including $\frac{1}{4}$ cup of walnuts into your daily diet provides you with 95% of the omega 3 essential fatty acids that you require each day.

How can walnuts help you?

- Source of Omega 3 essential fatty acids
 - Cannot be made in the body
- Better brain function for the day and years to come
- Reduces “bad” cholesterol
 - Reduces risk of high blood pressure
 - Reduces your risk of other cardiovascular diseases
- Protects your heart
- Reduced risk of gallstones
- Eye sight protection
- Anti-inflammatory benefits
 - Prevention against rheumatoid arthritis
- Anti-cancer effects
- Helps your immune system
- Source of antioxidants



Tips

Choosing the best walnuts:

- Unshelled
 - Choose those that feel heavy for their size
 - Check for stains, or cracks in the shell
- Shelled
 - Avoid those that look rubbery or shrivelled

Storage:

- Store in an airtight container
- Unshelled
 - In refrigerator – lasts up to 6 months
 - In freezer – lasts up to 1 year
- Shelled
 - In refrigerator or a cool, dry, dark place – lasts up to 6 months

Including walnuts in your diet:

- Breakfast:
 - Add crushed walnuts to yogurt or oatmeal
- Lunch and Dinner
 - add as a topping on salads
 - add to vegetable dishes as desired
- Desserts
 - Addition of walnuts to baked goods such as tarts or rice pudding



Healthy Yogurt and Walnut Breakfast

serves 1

Ingredients

200 ml yogurt (low fat)
2 ½ tbsp oat bran
3 tbsp wheat bran
10 walnut halves
2 tbsp honey

Directions

- Put yogurt in a serving bowl
- Stir in wheat bran
- Pour oat bran over the mixture and stir
- Sprinkle the walnuts on top
- Cover with honey

Enjoy!