

FAT FACTS



Walnut Oil

Walnut oil is made from nuts that have been dried and cold pressed. This oil has a high concentration of alpha-linolenic acid that partially converts to omega-3s (EPA and DHA). Omega-3s have properties that support heart health. oil is rich in omega-3 essential fatty acids. Omega-3 fats raise beneficial HDL cholesterol, lower harmful LDL cholesterol, prevent abnormal heart rhythms, lower your risk of heart disease and inhibit the development of blood clots, according to Harvard Health Publications.

The omega-3 fatty acids in walnut oil boost your brain health, according to "Psychology Today." Omega-3 fats are a vital component of the outer membrane of brain cells, which makes the transmission of nerve signals -- necessary for thinking, learning and memory -- possible. Brain cells need a constant, fresh supply of these essential fats for optimum function, and walnut oil is a good source. Read more: <http://www.livestrong.com/article/336379-walnut-oil-health-benefits/#ixzz2NIOJW9ha>

How should you use it?

Walnut oil has a rich, nutty flavor that makes it a great for dressing salads, or drizzling into a pasta dish. Walnut oil doesn't stand up to high heat- it develops a bitter taste, so it's best used as a dressing or flavor enhancer rather than a cooking oil. Refrigerated walnut oil keeps for up to six months.