

# Nuts & Seeds

## Chia, Flax & Hemp

Flaxseeds are a great source of the plant-based omega-3 alpha-linolenic acid. However, they have a short shelf life. For maximum freshness, buy whole flaxseeds and grind as needed.

Chia seeds contain 10 g of fiber per ounce and have a substantial amount of calcium and other minerals essential for bone health. Hemp seeds have 9 g of protein per ounce and are also a good source of iron.



Pixabay Ulleo (Photographer)

### **Weekly Challenge:**

Top your yogurt with chia, flax, or hemp seeds. They also make great additions to smoothies.

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# Pecans

Pecans contain multiple forms of vitamin E, which have been shown to inhibit oxidation of LDL cholesterol.

LDL stands for low density lipoproteins; they cause inflammation in the arteries and are a risk factor for cardiovascular disease.



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Pecans are rich in gamma-tocopherol which has been shown to inhibit this LDL or “bad” cholesterol. They are also a good source of copper, thiamin, and fiber.

### **Weekly Challenge:**

Nuts are very nutrient dense so a handful of nuts is the perfect amount.

Try for a snack this week!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetics Students  
by Nicki Lehtinen

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# Sunflower Seeds



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Sunflower seeds are rich in vitamin E and selenium, which are powerful antioxidants. A one ounce serving contains almost half the daily value of vitamin E. They are noteworthy for their protein and fiber content. They add flavor, texture, and a boost of nutrition to any meal. They are also a great snack!

### **Weekly Challenge:**

Try adding sunflower kernels on top of salads, or even to your oatmeal!

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# Almonds

Almonds are high in monounsaturated fats which helps lower LDL cholesterol levels and may decrease the risk for heart disease.

They are also a great source of vitamin E- one ounce (~20-24 almonds) contains 37% of your daily value. In addition, they are also a good source of riboflavin, copper, phosphorus, and fiber.



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### Weekly Challenge:

For a tasty snack, mix a handful of almonds with a tablespoon of dark chocolate chips!