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.

Weekly Challenge:
Top your yogurt with chia, flax, or hemp seeds. They also make great additions to smoothies.
Nuts & Seeds

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.

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
Nuts & Seeds

Sunflower Seeds

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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by Nicki Lehtinen
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.

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