

Nuts and seeds are a great addition to your diet providing healthy fat, protein, and fiber. A small serving (handful) each day improves...

- Heart Health: lowering LDL cholesterol and raising HDL cholesterol.
- Weight Management: protein and fiber promote feelings of fullness, reducing caloric intake.
- Inflammation: phytochemicals and antioxidants reduce inflammation.
- Blood Sugar: improve insulin sensitivity and help regulate blood sugar levels.