

GO NUTS!

Nuts are a great snack, packed with protein, fiber and health-protective plant substances in every bite. Eating just 1½ ounces of your favorite nut each day may reduce your risk of heart disease.

A few good choices:

- Almonds contain the most fiber of all nut varieties.
- Almonds and hazelnuts have vitamin E, an antioxidant.
- Pecans contain cancer-fighting ellagic acid.
- Cashews and pistachios contain plenty of potassium.
- Walnuts contain heart-healthy omega-3 fatty acids.
- Nuts in general are high in protein, phosphorus, zinc and magnesium.

