

# HEALTHFUL TIPS



## Nutty Nutrition

*Power-packed snacks that keep you going*

**N**uts and seeds are little powerhouses packed with nutrition—protein, fiber, magnesium, potassium, vitamin B6, and healthy fat. They make great “to go” snacks as they fit into a pocket, make it through airline security, have a long shelf life, and are resistant to hot and cold temperatures. Their generous fat and protein content can help to satisfy appetites and stabilize blood sugar.

A small portion is all you need, though. For example, 17 dry roasted almonds contain 100 calories, 4 grams of protein and 8 grams of fat. Nuts are easy grazing food; a bowl on the table or a bag in the desk drawer tends to disappear without conscience consideration about the amount of fat or calories consumed. Keep portions under control by buying 100 calorie packs or making your 100 calorie snack bags. Limit nut/seed snacks to one per day.

Here's the nutritional scoop on a few of your favorites and a great Peanut Butter Cup Smoothie recipe to try.

**Almonds** are an excellent source of healthy fats, fiber, magnesium, calcium, vitamin E, and protein. Limit 17 nuts (100 calories, 4 grams protein, and 8 grams fat).

**Brazil Nuts** are a good source of monounsaturated fat and selenium. Limit 2 nuts (66 calories, 2 grams protein, and 9 grams fat).

**Cashews** are a good source of healthy fat, magnesium and zinc. Limit 13 nuts (100 calories, 2 grams protein, and 8 grams fat).

**Peanuts** are a good source of healthy fat and vitamin E. Limit to 2 Tbsp. — about 17 peanuts (100 calories, 4 grams protein, and 9 grams fat).

**Peanut Butter** is a great source of healthy fat, plant-based protein, vitamin E and magnesium. Limit to 1 tbsp (94 calories, 4 grams protein, and 8 grams fat).

**Pine Nuts** are the edible seeds of pinecones and are a good source of healthy fat, vitamin E and zinc. Limit 1/8 cup (113 calories, 2 grams protein, and 12 grams fat).

**Pistachio Nuts** are a good source of healthy fat and vitamin B6. Limit to 25 nuts (100 calories, 3 grams protein, and 7 grams fat).

**Walnuts** are a good source of omega-3 fats and manganese. Limit to 7 halves (92 calories, 2 grams protein, and 9 grams fat).

**Ground Flaxseed** is a terrific source of heart-healthy omega-3 fatty acids and soluble fiber. Limit to 1 tbsp (37 calories, 1 gram protein, and 3 grams fat).

**Pumpkin Seeds** are an excellent source of magnesium, zinc and vitamin E. Limit to 1 tbsp (74 calories, 5 grams protein, and 6 grams fat).

### Recipe

#### PB Cup Smoothie

½ cup milk, skim  
1 container Dannon Oikos Triple Zero vanilla yogurt  
1 pkt Swiss Miss Diet Hot Cocoa mix  
2 tbsp PB2 (powdered peanut butter – all the benefits at a fraction of the fat and calories)

Put all ingredients in blender and blend until smooth. Makes 1 serving.

**Nutrition information per serving:** 233 calories, 26 grams protein, 1.5 grams fat, 30 grams carbohydrate, 383 mg sodium.