

REVIEW ARTICLE

NUTS AND HEALTHY LIFE: A BRIEF REVIEW

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ABSTRACT

Nuts are an important source of nutrients for both humans and wildlife. Tree nuts are a rich source of tocopherols and total phenols and contain a wide variety of flavonoids and proanthocyanidins. In addition to being a rich source of several essential vitamins and minerals, mono- and polyunsaturated fatty acids, and fiber, most tree nuts provide an array of phytochemicals that may contribute to the health benefits attributed to this whole food. Although many of these constituents remain to be fully identified and characterized, broad classes include the carotenoids, hydrolyzable tannins, lignans, naphthoquinones, phenolic acids, phytosterols, polyphenols, and tocopherols. These phytochemicals have been shown to possess a range of bioactivity, including antioxidant, antiproliferative, anti-inflammatory, antiviral, and hypocholesterolemic properties. Nuts (or seeds generally) are also a significant source of nutrition for wildlife. This is particularly true in temperate climates where animals such as jays and squirrels store acorns and other nuts during the autumn to keep them from starving during the late autumn, all of winter, and early spring.

Many nuts are good sources of vitamins E and B₂ (riboflavin, an antioxidant), and are rich in protein, folate, fiber, and essential minerals such as magnesium, phosphorus, potassium, copper, and selenium. Raw or unroasted walnuts are considered the healthiest, with twice as many anti-oxidants as other nuts.

Nuts such as almonds, walnuts, pea nuts may have beneficial effects on cardiovascular risk factors. Epidemiological studies, suggested that nut eating was associated with diminished risk of coronary artery disease (CAD).

In reviewing the history, nutrient composition, and the epidemiological and clinical studies of nuts, the need to make nuts and oil-rich seeds a more important part of modern, healthy diets should become evident to the reader.

KEY WORDS: nuts, antioxidant, healthy life, vitamins

INTRODUCTION:

The health benefits of a plant-based, vegetarian-type diet, in which nuts are considered a source of high quality protein, are well recognized by a growing number of people. Notwithstanding the fact that nuts are an intrinsic part of the diets of some Mediterranean regions where both serum cholesterol levels and the incidence of heart disease are low^{1,2} in recent years consumers have felt and still feel that low-fat foods are the ultimate choice for a healthy diet, weight control and disease prevention. Based on the evidence from epidemiological and controlled clinical studies, nut consumption is not associated with higher body weight³⁻⁶. In fact, the epidemiological evidence indicates consistently that nut consumers have a lower BMI than nonconsumers. With respect to clinical studies, the evidence is nearly uniform that their inclusion in the diet

leads to little or no weight gain⁷⁻¹². Moreover, adherence to a moderate-fat, weight loss diet vs. a low-fat weight loss diet in free-living subjects is better and the nutrient profile of the moderate-fat diet is superior¹⁴. Moderate-fat diets that contain nuts elicit a more favorable lipid and lipoprotein profile after maintenance of weight loss as well¹⁵. The evidence supporting these observations is outlined below.

Data from large observational studies show that regular nut consumption is associated with a reduced risk of several conditions in which oxidative stress may play a role, including coronary heart disease,¹⁶⁻¹⁸ hypertension,¹⁹ type 2 diabetes,²⁰ inflammation and endothelial dysfunction.^{21,22}

Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and

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