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**Health Spotlight**  
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**Go Nuts!**

Previously shunned due to their high calorie and fat content research is pointing more and more to the health effects of nuts and their value in our diets. A recent study from Loma Linda University in California concludes “Eating nuts on a daily basis improves blood cholesterol levels and reduces the risk of coronary heart disease.” (Hendrick, 2010)

**Walnuts** have been linked with improved heart health, cognitive function, skin and bone health. They are also a good source of the antioxidant ellagic acid as well as 16 different disease-fighting polyphenols.

A serving of **Almonds** has as much calcium as a serving of cow’s milk as well as 25% of your recommended daily amount of magnesium. Almonds are also full of antioxidants such as vitamin E and selenium, high in fiber, and are known to have positive affects on cholesterol.

**Pecans** not only have a very high antioxidant content but also serve as sources of twenty essential vitamins and minerals to the body. Research has also show pecans can help to lower cholesterol levels.

**Brazil Nuts** are loaded with nutrients and minerals like copper, niacin, vitamin E, fiber, magnesium, and selenium all of which are know to help your heart. Studies have also suggested their ability to aide in preventing breast cancer.

**Cedar Nuts** contain 70% of the amino acids the body requires to function as well as significant amounts of vitamin A, B and D, and E (Group, 2009).

Next time you are in the mood for a snack consider these nutrient dense powerhouses!



Sources:

Group, Edward (2009). The Top 5 Healthiest Nuts. *Globalhealingcenter.com* Available: <http://www.globalhealingcenter.com/natural-health/healthy-nuts/>

Hendrick, Bill (2010). Eating Nuts Daily Lowers Cholesterol. *Webmd.com* Available: <http://www.webmd.com/heart-disease/news/20100510/eating-nuts-daily-lowers-cholesterol>

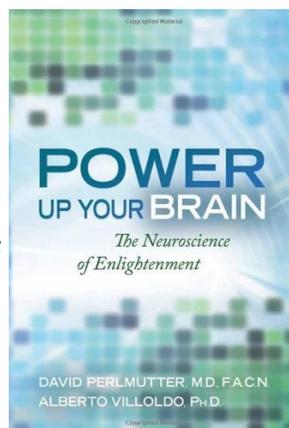
**Healthy Transformations Book of the Month:**

**Power Up Your Brain: The Neuroscience of Enlightenment**

**By Dr. Davie Perlmutter**

“Joining the long-separated worlds of science and spirit, Perlmutter explores the exciting phenomena of neurogenesis and mitochondrial health, while Villoldo brings his vast knowledge of shamanic and spiritual practices to the table.” (Amazon.com)

Thanks to Kim Thompson of Healthy Transformations in Whitesboro, NY



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38 New Hartford Shopping Center  
 New Hartford, NY 13413

(315) 724-4998 [www.peterscornucopia.net](http://www.peterscornucopia.net)



Healthy Transformations

**Healthy Transformations**

214 Oriskany Blvd. Suite 4  
 Whitesboro, NY 13492

(315) 941-2781

[www.healthytransformations.net](http://www.healthytransformations.net)