

Nuts: Health benefits for women



Many of us enjoy eating different kinds of nuts as a snack food along with something to drink. Their salty, creamy and savoury taste and texture also makes them a popular ingredient in a host of dishes. While many people are fond of nuts, there are some who are afraid of their high caloric and fat content and therefore avoid them as much as possible. However, according to researches and various studies, incorporating nuts in your daily diet, especially that of women, have plenty of health benefits.

The primary women's health issue is being overweight or obese, which is the main cause of many diseases with a risk to life. Nuts like almonds, walnuts, cashews and others were found to be beneficial in weight loss, according to a study. But weight is not the only women's health issue that could be resolved with consuming a particular quantity of nuts. There is a galore of health benefits associated with nut consumption including:

Stress Reduction: including nuts in your daily diet can help in reducing stress in your body. The good nutrients present in nuts like alpha-linolenic acid of walnuts, and a collection of vitamins including vitamin E and vitamin B along with magnesium in almonds and cashews can protect your body against the harmful effects of stress and also help to boost your immune system.

Heart Health: almonds, hazel nuts, peanuts, walnuts and cashews are a few nuts that can help in reducing LDL cholesterol that causes major heart issues. They also include monounsaturated and polyunsaturated fat and fiber, which are heart healthy. These nuts also contain arginine and amino acid that are converted to nitric acid for relaxing the blood vessels.

Lung Cancer: pistachios are rich in gamma-tocopherol, a type of vitamin E that helps in providing lung cancer protection. Therefore this particular nut is a must have in a women's diet plan.

Cholesterol: nuts, especially walnuts are good for keeping away the bad cholesterol or LDL out of your body. A higher level of LDL can cause cardiovascular ailments, stroke and abdominal and stomach pains. Other than walnuts, almond and pistachios are also found to lower the bad cholesterol and increase the good cholesterol or HDL in your body. Many nutritionists recommend including these beneficial nuts in your diet to lessen the risk of heart disease.

Pancreatic Cancer: the consumption of nuts like brazil nuts, cashews, pecans and other popular variety of nuts lower the risk of diabetes mellitus, which is one of the causes of pancreatic cancer in women. Therefore incorporating nuts in your daily diet can save you from this disease.

Brain Health: most nuts like almonds, peanuts, walnuts, pistachios, cashew nuts and different others are great for

maintaining good brain health. They consist of vitamin E, which is good for having a sharp memory. As you age you are more at a risk of cognitive decline. Peanuts that are rich in folates and brain boosting fats can prevent this risk.