

# WHAT'S IN A NUT?

## NUTS CAN REDUCE THE RISK OF:

Coronary heart disease by **37%**

Sudden cardiac death by **47%**

Gallstone disease by **30%**

**Diabetes in women**

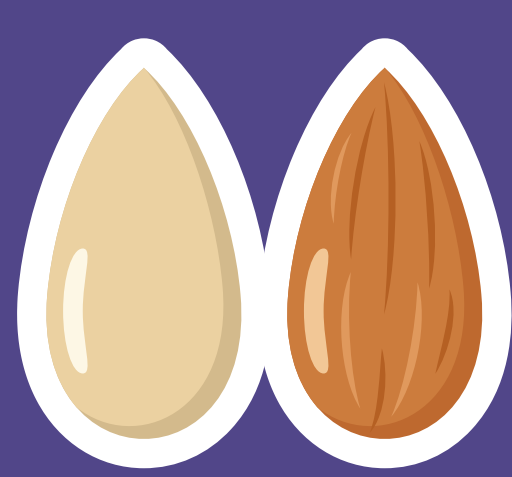
**Certain types of cancer in women**

## NUTS HELP LOWER:

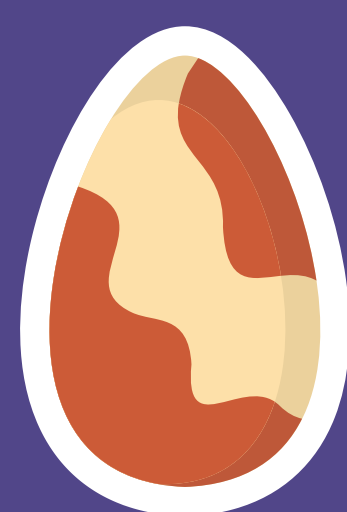
**Cholesterol**

**Blood pressure (but not when salted)**

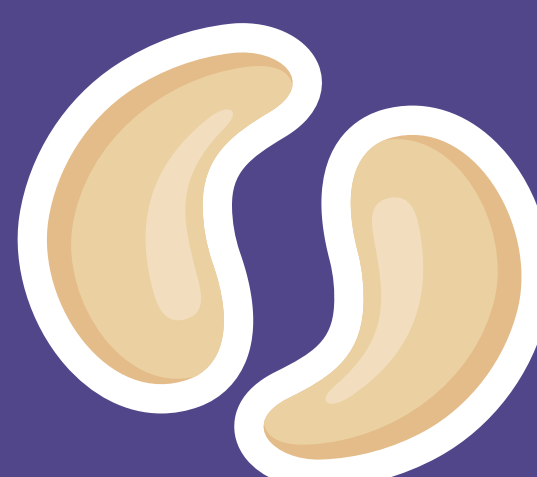
When consumed in moderation, nuts do not contribute to obesity and may help in weight loss.



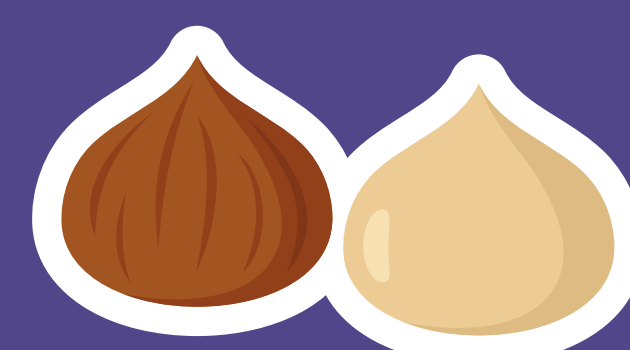
ALMOND



BRAZIL NUT



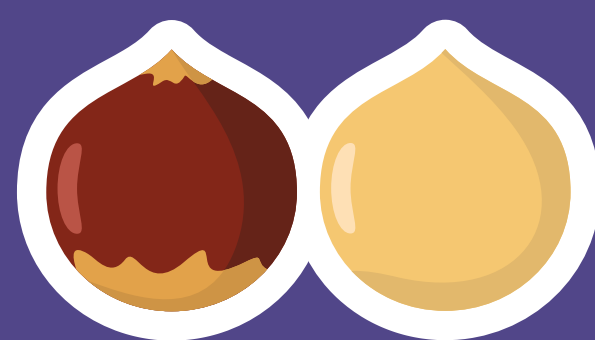
CASHEW



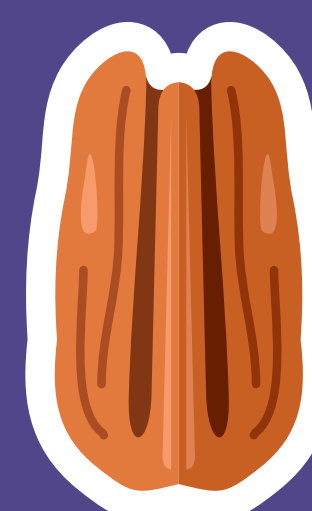
CHESTNUT



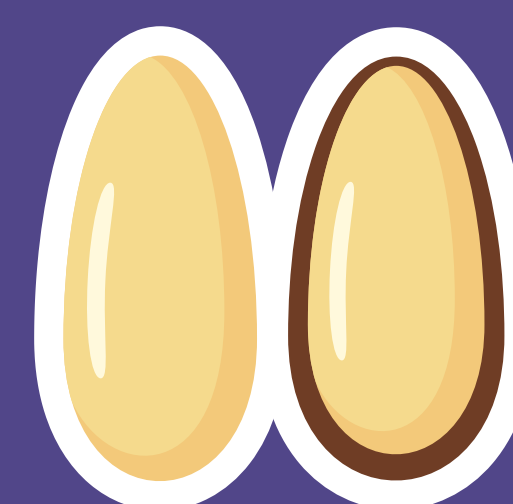
HAZELNUT



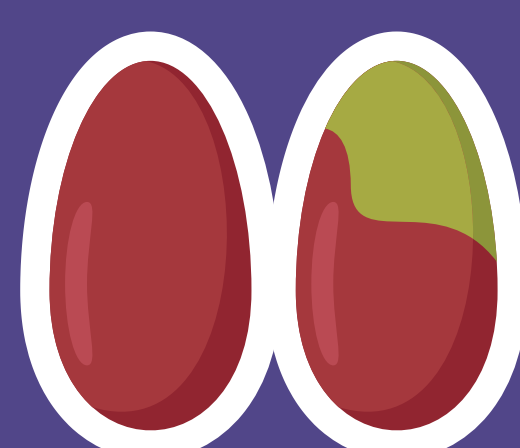
MACADAMIA



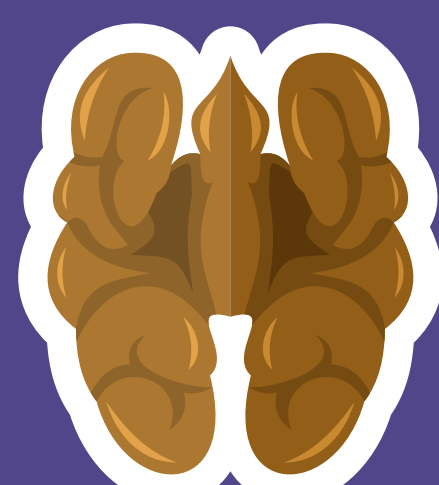
PECAN



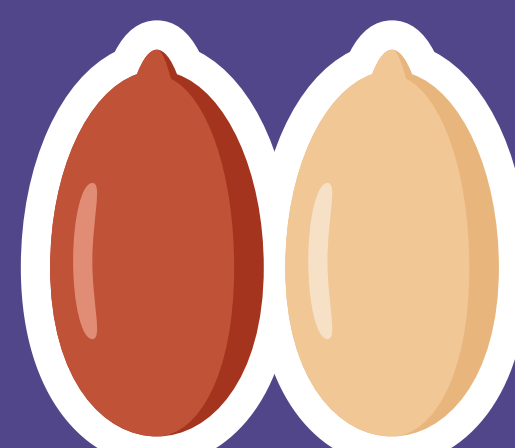
PINE



PISTACHIO



WALNUT



LEGUME: PEANUT

