



TOP 10

Reasons to Eat Walnuts

- 1.** Only tree nut that is a rich source of ALA. *(Pan, 2012)*
- 2.** Key food in heart-friendly Mediterranean diet. *(Estruch, 2014)*
- 3.** Walnuts improve sperm quality. *(Robbins, 2012)*
- 4.** Eating walnuts may improve performance on cognitive function tests. *(Arab, 2015)*
- 5.** The addition of walnuts to the diet does not lead to weight gain. *(Katz, 2012)*
- 6.** Daily consumption reduces risk factors for cardiovascular disease. *(Wu, 2013)*
- 7.** Higher walnut consumption is associated with lower risk of type 2 diabetes. *(Pan, 2013)*
- 8.** Walnut intake may be related to better overall cognition at older ages. *(O'Brien, 2014)*
- 9.** Walnuts have been shown to decrease low density lipoprotein cholesterol and blood pressure. *(Kris-Etherton, 2014)*
- 10.** Walnuts should be included as a cancer-preventive choice in a healthy diet. *(Hardman, 2014)*