



**NutritionRx**  
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# NUT-ritious Nuts and Seeds

Incorporate a **variety** of nuts and seeds into your diet this winter! Nuts and seeds are nutrient dense and are a good source of healthy unsaturated fats, protein, and fibre. They are tasty, have a crunchy texture, and make a great snack or can be incorporated into breakfast, lunch, and dinner.

When selecting nuts and seeds choose a plain and unsalted variety most often and remember to watch the portion size when you are consuming them. Although they are delicious and nutritious, calories can add up quickly if you eat them in excess. Nuts and seeds count as a Meat and Alternative, and one serving is just 60g or ¼ cup!

**One Canada's Food Guide serving is ¼ cup, about the amount that will fit in the palm of your hand!**

**Incorporate a variety of nuts and seeds into your diet**

Nuts		Seeds
• Almonds	• Peanuts	• Chia
• Brazil	• Pecans	• Flax
• Cashews	• Pine	• Sesame
• Hazelnuts	• Pistachios	• Sunflower
• Macadamia	• Walnuts	

## Six simple ways to eat more nuts and seeds!

**1** Add crunch to fish fillets or chicken breasts by sprinkling on chopped nuts like almonds or pine nuts before baking.



**2** Sprinkle flax or chia seeds on yogurt, cereal, or salads.

**3** Try almond, cashew or sesame butter (tahini) instead of peanut butter on your toast.

**4** Add unsalted chopped nuts to hot or cold cereal, yogurt, smoothies, and muffins.

**5** Toast unsalted nuts like walnuts or pine nuts in a hot skillet and add to pasta, stir fries, rice, or vegetable dishes.

**6** Make your own trail mix for snacking! Use a variety of nuts and seeds mixed with dried fruit and dry breakfast cereal for a healthy and portable snack.

**Buying and Storing Nuts and Seeds**

- Purchase fresh looking nuts and seeds.
- Avoid those that are shrivelled, mouldy, bruised or give off a bad smell.
- Nuts that are in their shell will last longer.
- Choose plain unsalted nuts most often.
- The best way to store nuts is in the refrigerator and most varieties will keep for 3 to 9 months.
- Freezing is also an excellent way to store nuts. If you use an airtight container or freezer bag most nut varieties should last up to 12 months.
- If nuts develop an off flavour, bad smell, or grow mould, throw them out.

