



Ask the Dietitian

nuts

I like nuts, but I've heard they are really high in fat. Will avoiding nuts help me lower my cholesterol?

Nuts do contain fat, but the type of fat in nuts is actually a heart healthy fat called a monounsaturated fat which is actually good for your cholesterol. Monounsaturated fats do not encourage plaque development in arteries compared to other types of fat such as saturated and trans fats. Monounsaturated fat will also help to lower total cholesterol and the bad LDL-cholesterol while raising the good HDL-cholesterol. This type of fat is mainly a plant source of fat including all nuts, peanut butter, almond butter, cashew butter, olive oil, canola oil, peanut oil, olives and avocados. All nuts are good sources of monounsaturated fats; there really isn't one nut that is healthier than the other. Dry roasted, unsalted or raw nuts are the best choices. Choose salted, smoked, oil roasted or honey roasted nuts less often as these are higher in calories and sodium. Think about using nuts as a condiment by adding small amounts to many of your usual foods. For example: sprinkle almonds or walnuts on oatmeal in the morning for breakfast, add cashews, almonds or peanuts to a stir-fry for added crunch, add pecans, almonds or walnuts to yogurt for a snack with fresh fruit, make your own trail mix with nuts and dried fruits, add walnuts, almonds or pecans to cookies or quick breads when baking. Aim for less than 1/3 cup nuts per day.

For further information please call our office and ask to speak to one of our Registered Dietitians

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