Eating Nuts and Seeds

Nuts and seeds are full of nutrients. They have good fats in them, which can help to keep your cholesterol levels low. They are also a good source of protein and have lots of other vitamins and minerals in them for good health.

Around a handful of nuts per day is a good amount. Try these ideas for eating nuts and seeds:

* Choose dry roasted or raw unsalted nuts.
* Eat different types of nuts and seeds, not just one type.
* Sprinkle almonds, cashews and sesame seeds in stir-fry’s and other dishes.
* Add pine nuts or sunflower seeds to salads.
* Crumble pecans or walnuts into yoghurt and serve with fruit.
* Use nut and seed pastes such as peanut butter, cashew nut paste or tahini, especially if you have trouble eating whole nuts.

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