



Say Yes to Nuts

Before bed – enjoy some nuts like almonds, walnuts, or pistachios - Popping with natural melatonin and magnesium,

About the Nuts: Nuts may offer numerous health benefits, such as reducing your risk of heart disease and supporting your immune system. Research studies suggest that magnesium intake is associated with longer sleep and better sleep quality. The ones to try are almonds, pistachios, and walnuts.

Why Say “Yes” to These Nuts

Almonds: These nuts are especially rich in vitamin E, a fat-soluble nutrient that functions as an antioxidant to protect your cells against oxidative damage. It also supports immune function and cellular communication. Almonds are high in several essential nutrients. Eating them regularly may boost heart and gut health.

Pistachios: They are a good source of anti-inflammatory and antioxidant compounds. Plus, they may improve blood pressure and other health markers. Did you know that these tiny green nuts are packed with nutrients but lower in calories and fat than many other nuts?

Walnuts: These nuts are an especially good source of copper and manganese, which may boost heart and brain health. Walnuts are also significantly higher in ALA omega-3 fatty acids than any other nut. They are linked to multiple health benefits and have an impressive nutrient profile.

For More Information See:

<https://www.healthline.com/nutrition/9-healthy-nuts#almonds>