

Stay Health Fitness Wellness

# Healthy Weekly

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## Aging Has An Unexpected Effect On Your Body Odor



### Body Odor Explained

#### Did you know

body odor is unique to each individual and is affected by food, habits, and environmental factors?

#### Learn everything about body odor:

Causes, risk factors, triggers, symptoms, signs, prevention, management, treatments, and much more...

Body odor (BO) is a natural part of being human, but it can also change over time due to various factors. One of these factors is aging, which can have a surprising effect on how you smell. Here are some of the ways aging can affect your body odor and what you can do about it.

#### The Science of Smell

Body odor is caused by the interaction of bacteria and sweat on your skin. Sweat itself is odorless, but it contains substances that bacteria can break down into volatile compounds that emit a smell. Different types of bacteria produce different types of compounds, which can vary in intensity and quality.

The amount and composition of sweat and bacteria on your skin can be influenced by many factors, such as genetics, hormones, diet, health, hygiene, and environment. As you age, some of these factors change, which can alter your body odor.

#### How Aging Changes Your Body Odor

One of the main ways aging affects your body odor is by changing the balance of hormones in your body. Hormones are chemical messengers that regulate various functions and processes, including body temperature, metabolism, mood, and reproduction. Hormones can also affect the production and composition of sweat and skin oils, which can affect your body odor.

#### Inside This Issue:

- Aging Has An Unexpected Effect On Your Body Odor-
- What It Means When You Have Chills But No Fever-
- Peanut Butter and Gut Health-
- Best Nuts for Protein-

For example, as women go through menopause, their estrogen levels drop, which can cause hot flashes and increased sweating. This can lead to more body odor, especially in the armpits and genitals. Men also experience hormonal changes as they age, such as a decrease in testosterone, which can affect their sweat glands and body odor.

Another way aging affects your body odor is by altering the composition of your skin. As you age, your skin becomes thinner, drier, and less elastic, which can affect its ability to retain moisture and protect against bacteria. Your skin also produces less antioxidants, which are substances that prevent oxidative damage and inflammation. This can make your skin more prone to infection and irritation, which can affect your body odor.

Additionally, aging can affect the production of a specific compound called 2-nonenal, which is responsible for the "old person smell" that some people associate with aging. 2-nonenal is a byproduct of the breakdown of omega-7 fatty acids, which are found in skin oils. As you age, your skin produces more omega-7 fatty acids and less antioxidants, which can increase the amount of 2-nonenal on your skin. 2-nonenal has a grassy, greasy, or metallic smell that can be detected by others, especially younger people.

#### What You Can Do About It

While some changes in body odor are inevitable as you age, there are some things you can do to minimize them and keep your smell fresh and pleasant. Here are some tips:

**Maintain good hygiene-** Wash your body regularly with mild soap and water, especially in areas that tend to sweat more, such as the armpits, groin, and feet. Use deodorant or antiperspirant to reduce sweating and odor. Change your clothes and underwear frequently and wash them with detergent and baking soda to remove odors. Avoid wearing synthetic fabrics that trap sweat and bacteria and opt for natural fibers that breathe better.

**Eat a balanced diet-** What you eat can affect how you smell, as some foods can produce more gas, sweat, or odor than others. Avoid foods that are spicy, garlicky, oniony, or cruciferous, as they can cause bad breath and body odor. Eat more foods that are rich in antioxidants, such

as fruits, vegetables, nuts, and seeds, as they can help protect your skin and reduce inflammation. Eat more foods that are high in zinc and magnesium, such as meat, seafood, dairy, and beans, as they can help regulate body odor. Drink plenty of water to flush out toxins and keep your skin hydrated.

**Manage your health-** Some medical conditions and medications can affect your body odor, such as diabetes, kidney disease, liver disease, thyroid problems, and infections. If you notice a sudden or persistent change in your body odor, especially if it is accompanied by other symptoms, such as fever, pain, or discharge, consult your doctor for diagnosis and treatment. Follow your doctor's advice on managing your condition and taking your medications properly. Some medications can also cause body odor, such as antibiotics, antidepressants, and steroids. If you think your medication is causing your body odor, talk to your doctor about possible alternatives or solutions.

**Avoid smoking and drinking-** Smoking and drinking can affect your body odor in several ways. Smoking can damage your skin and reduce blood flow, which can affect your sweat glands and bacteria. Smoking can also cause bad breath and stain your teeth and gums. Drinking can dehydrate your body and increase sweating and odor. Alcohol can also alter the metabolism of certain substances in your body, such as acetaldehyde, which can cause a sour or fruity smell. Quitting smoking and drinking can improve your health and your smell.

Body odor is a natural and normal part of being human, but it can also change as you age. By understanding the causes and effects of aging



on your body odor, you can take steps to keep your smell fresh and pleasant. Remember, body odor is not a sign of poor hygiene or health, but a reflection of your unique biology and lifestyle. Embrace your smell as part of your identity and personality, and don't let it affect your confidence or self-esteem. **Content provided by Richard Bell MD**

ALL ALUMINUM FREE!

# THE BEST NATURAL DEODORANTS



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## Why Do I Feel Chills without Fever?

### What It Means When You Have Chills But No Fever

Chills are the sensation of feeling cold, accompanied by involuntary shivering. They are usually associated with fever, which is a rise in body temperature due to an infection or inflammation. However, sometimes you may experience chills without fever, which can have various causes and implications.

### Causes of Chills Without Fever

Some of the possible causes of chills without fever are:

**Cold exposure:** If you are exposed to cold temperatures, such as in winter or in an air-conditioned room, your body may react by constricting the blood vessels near your skin to conserve heat. This reduces the blood flow to your extremities, making you feel cold and shiver. This type of chills should go away once you warm up.

**Stress or anxiety:** When you are stressed or anxious, your body releases adrenaline, a hormone that prepares you for fight or flight. Adrenaline increases your heart rate, blood pressure, and breathing, and also causes your muscles to tense up. This can make you feel cold and shiver, even if you are not physically cold. This type of chills should subside once you calm down.

**Dehydration:** Dehydration is a condition where you lose more fluids than you take in. This can happen if you don't drink enough water, or if you lose fluids through sweating, vomiting, diarrhea, or urination. Dehydration can affect your blood circulation, body temperature, and muscle function, which can make you feel cold and shiver. This type of chills should improve once you rehydrate yourself.

**Hypothyroidism:** Hypothyroidism is a condition where your thyroid gland does not produce enough thyroid hormones, which regulate your metabolism and energy levels. Hypothyroidism can slow down your body functions, such as your heart rate, blood pressure, and body temperature, which can make you feel cold and shiver. This type of chills should be treated with medication to restore your thyroid function.

**Hypoglycemia:** Hypoglycemia is a condition where your blood sugar level drops below normal. This can happen if you have diabetes and take too much insulin, or if you skip meals, exercise too much, or drink

alcohol. Hypoglycemia can affect your brain function, nervous system, and body temperature, which can make you feel cold and shiver. This type of chills should be corrected with food or glucose to raise your blood sugar level.

**Malnutrition:** Malnutrition is a condition where you do not get enough nutrients from your diet, such as calories, protein, vitamins, and minerals. This can happen if you have an eating disorder, a digestive disorder, or a chronic illness. Malnutrition can weaken your immune system, muscle mass, and body fat, which can make you feel cold and shiver. This type of chills should be addressed with a balanced and adequate diet to nourish your body.

**Emotions:** Emotions, such as fear, excitement, or joy, can also trigger chills without fever. This is because emotions can activate the same parts of your brain and nervous system that regulate your body temperature and shivering. This type of chills is usually harmless and temporary, and reflects your emotional state.

### Treatment and Prevention of Chills Without Fever

The treatment and prevention of chills without fever depend on the underlying cause. Some general tips are:

**Keep yourself warm:** If you are cold, wear layers of clothing, use blankets, or turn on the heater. Avoid staying in cold or damp environments for too long. Drink warm fluids, such as tea, soup, or hot chocolate, to warm up your body from the inside.

**Manage your stress:** If you are stressed or anxious, try to relax and cope with your emotions. You can use techniques such as deep breathing, meditation, yoga, or listening to music. You can also talk to someone you trust, such as a friend, family member, or therapist, to vent your feelings and get support.

**Stay hydrated:** If you are dehydrated, drink plenty of water or other fluids, such as juice, sports drinks, or oral rehydration solutions. Avoid drinks that can dehydrate you, such as alcohol, coffee, or soda. Eat foods that contain water, such as fruits, vegetables, or soup. Monitor your urine color and frequency, and aim for clear or pale yellow urine at least six times a day.

**Check your thyroid:** If you suspect you have hypothyroidism, see your doctor for a blood test to measure your thyroid hormone levels. If you are diagnosed with hypothyroidism, you will need to take medication to replace the missing hormones. You will also need to monitor your symptoms and have regular check-ups to adjust your dosage and ensure your thyroid function is normal.

**Monitor your blood sugar:** If you have diabetes or are at risk of hypoglycemia, check your blood sugar level regularly with a glucometer. Follow your doctor's advice on how to manage your diabetes, such as taking your medication, following a healthy diet, and exercising regularly. If you experience symptoms of hypoglycemia, such as dizziness, sweating, or confusion, eat or drink something that contains sugar, such as candy, juice, or soda, and check your blood sugar again. If your symptoms do not improve or worsen, seek medical help immediately.

**Eat well:** If you are malnourished, eat a balanced and adequate diet that provides you with enough calories, protein, vitamins, and minerals. You may need to consult a nutritionist or a dietitian to help you plan your meals and snacks. You may also need to take supplements to correct any deficiencies. If you have an eating disorder, a **digestive** disorder, or a chronic illness that affects your nutrition, seek professional help to treat the underlying condition and improve your eating habits.

**Enjoy your emotions:** If you have chills due to emotions, there is usually no need to worry or treat them. They are a natural and normal response to your feelings, and they will pass as your emotions change. However, if your emotions are overwhelming or interfering with your daily life, you may benefit from counseling or therapy to help you cope

and express them in healthy ways.

Chills without fever can have various causes and implications. They can be a sign of a minor or serious condition, or a reflection of your environment or emotions. By identifying the cause of your chills and following the appropriate treatment and prevention tips, you can get rid of them and feel better.

However, if your chills persist, worsen, or are accompanied by other symptoms, such as fever, pain, or rash, you should see your doctor for a proper diagnosis and treatment. **Content provided by Janet Sills MD**



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# Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at [www.nia.nih.gov/flu](http://www.nia.nih.gov/flu)



Common Symptoms	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

# NATURAL WAYS TO TREAT THE FLU

1

**STAY HYDRATED**



2

**GET ADEQUATE SUN EXPOSURE**

3

**SUPPLEMENT WITH VITAMIN C**



4

**EAT PROBIOTIC RICH FOODS**

5

**CONSUME HERBS**



6

**UTILIZE ESSENTIAL OILS**

7

**PRACTICE GROUNDING**



8

**SEE A CHIROPRACTOR**

9

**SUPPLEMENT WITH ZINC**



Read the full article here:

[www.TheTruthAboutCancer.com/should-i-get-a-flu-shot](http://www.TheTruthAboutCancer.com/should-i-get-a-flu-shot)



**Peanut butter** has gradually become one of the most popularly known spreads all over the world. It is widely used as a bread spread by many.

These mashed, roasted peanuts deliver a yummy taste that many can go the extra mile to get. It is almost always a must-have in the beverages and snacks of teenagers, youths, and adults.

Research has shown how great this edible paste can be to our health, but does this include gut health? This guide contains the explanation of a registered dietician concerning the impact of peanut butter on gut health.

*Let's dive right in.*

### What Exactly Is Peanut Butter?

Peanut butter is basically peanuts. It is roasted peanuts that have been grounded into a smooth paste. Most commercial producers usually add other ingredients to give it a lovely taste. Some of them are vegetable oil, added sugar, and trans fats.

It contains a number of nutrients: Carbohydrates, proteins, fats, antioxidants, some vitamins, and minerals. It is a great source of proteins, and those without added sugars are nice for diabetic patients. Also, the fat in peanut butter is a healthy type, monounsaturated fats, the same type found in olive oil.

Although certain people react to this spread, it is essentially healthy for other categories of people when used in moderation.

### The Impact Of Peanut Butter On Gut Health

Although peanut butter has great health benefits, it can also negatively affect the gut, especially when consumed in excess. According to the registered dietician, Gilleen Barkyoumb, one serving of peanut butter, equivalent to two spoons, is sufficient for a meal. The following are some effects on the gut.

### Abdominal pain

Although rich in vitamins, minerals, and other nutrients, Peanut butter contains a higher percentage of fat. When consumed in excess, these fats can cause more harm than good. Excess fats in the upper gastrointestinal tract (GIT) can lead to bloating from indigestion. This can further lead to abdominal pain.

With indigestion and bloating, other complications can also arise in the gut. Hence, peanut butter is best consumed in moderation. But when these discomforts are still experienced, despite adequate consumption, it could be due to allergy to some of the ingredients in the paste.

### Constipation

Peanut butter is also known to cause constipation, especially when consumed in excess and without proper hydration. According to Barkyoumb, peanuts contain fibers, true, but when these fibers are not pushed down the gut by sufficient water, they hang on there and end up being a cause of the problem instead of solving a problem.

Without following up with proper hydration after consuming peanut butter, constipation is likely to occur. This discomforting situation can expose the gut to toxins and affect a person's general health.

### Weight Gain

Peanut butter with added sugars can slowly lead to weight gain in some people. This yummy-tasting paste can be addictive if not consciously controlled, and for someone with a slow metabolic rate, weight gain is likely to follow. When obesity eventually sets in, it goes a long way in causing a disbalance in the normal gut microbiota.

Another fact is that sugary foods are not healthy for the gut. They lead to the breeding and growth of unhealthy bacteria, which can result in different forms of infections.

Caroline Thomason, RD, CDCES, advises that we check the container label to be sure that there are no added sugars before purchasing.

*Some Health Benefits Of Peanut Butter*

**Antioxidant Effect**

As seen earlier, peanut butter is rich in various nutrients, including specific vitamins and minerals like folate, vitamin D3, E, B6, copper, manganese, iron, zinc, potassium, selenium, etc.

Some of these nutrients are very helpful in wading off disease-causing free radicals from the body. Some of these antioxidants presentations include resveratrol and p-coumaric acid. They respectively work against heart diseases and arthritis.

**Protein Effect**

Peanut butter is very rich in protein and certain amino acids. Those without added sugars are good choices for vegans and anyone looking to lose weight.

The high protein content makes this snack good for building and repairing body cells and tissues.

**Fiber Constituent**

Peanut butter also contains a good amount of fiber. This fiber is very efficient in preventing constipation and helping the gut microbiota. When peanut butter is consumed in moderation, followed by a good amount of water, then its positive effect on digestive health issues is experienced.

**Fat Constituent**

As we have seen earlier, peanut butter is rich in trans fats (monounsaturated fats). These are the good kinds of fats that help lower cholesterol levels and promote heart health. An example of this is oleic acid, the same type found in olive oil.

Hypertensive patients and those with high cholesterol levels should not be afraid of incorporating peanut butter into their diets. They should only be sure to use those purchased from credible stores. They should also be careful to consume in moderation.

**Low Glycemic Index**

The fiber and monounsaturated fat content of peanut butter impart less calories in the bloodstream. This is why it is perfect for diabetic patients and those looking to lose weight.

Hence, it is necessary to be sure that the brand of peanut butter being purchased is free from any form of added sugars.

**Final Thoughts**

Peanut butter is a healthy snack stocked with lots of nutrients for a healthy body system. But just like too much of everything is bad, too much peanut butter can also be unhealthy.

Registered dieticians recommend not more than three servings per day, with a serving of peanut butter equivalent to two spoonfuls of the snack.

In addition, drinking sufficient water alongside the consumption of this snack is very important for the health benefits to be enjoyed. Because it is high in fats, lack of hydration can make this snack to cause more harm, especially in the gut. *This article is authored by Melany S., an editor at healthreporter.com*

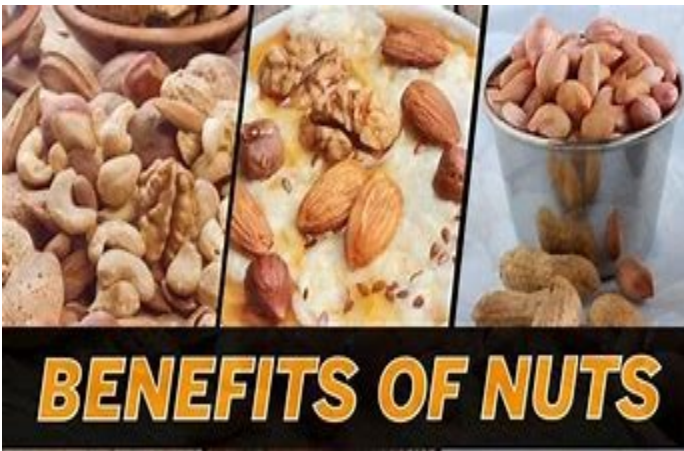
*Make your health your priority!*

# Health Benefits of Vitamins



- Vitamin A** Beneficial in treating eye disorders, skin infections
- Vitamin B9** Reduces risk of neural tube defects during pregnancy
- Vitamin B12** Provides relief from symptoms of anemia, kidney and liver disorders
- Vitamin C** Helps treat scurvy, cancer and common cold
- Vitamin D** Aids in treating arthritis, tooth decay, diabetes and rickets
- Vitamin E** Improves blood circulation and slows down aging process
- Vitamin K** Reduces risk of menstrual pain and internal bleeding





**Did you know that eating just one ounce of nuts equates to one-third of the daily protein needs for men, and two-fifths for women?**

Protein makes up the building blocks of muscles, bones, and other tissues throughout your body. It's important to get plenty of protein into your diet, as this essential macronutrient can also keep you fuller for longer, helping to control cravings and maintain your energy levels throughout the day.

Whether you're looking for ways of boosting your protein intake, or simply need a new healthy snack to eat on the go, nuts check both of these boxes. However, not all nuts are equal, with some offering a bigger protein content than others.

We explain which nuts have the highest protein content, the other health benefits they provide, and explore some of the most delicious ways to include them in your diet.

### Why Nuts? Understanding Their Nutritional Value

When we think of high-protein foods, the first thing that typically springs to mind is meat and poultry. However, nuts are a great, highly versatile plant-based alternative, and one ounce offers a [similar nutritional value](#) to two ounces of red meat, chicken, or fish.

One of the reasons that nuts are so versatile is due to their nutritional breakdown, which is [balanced well with](#) protein, carbohydrates, and fat. In particular, they are rich in unsaturated fats and omega-3 fatty acids that help to keep your heart healthy.

Along with being a [heart-healthy food](#), nuts are also a good source of dietary fiber. When eaten as part of a balanced diet with plenty of fruits, vegetables, lean proteins, and whole grains, they can therefore keep your digestive system moving, and help to satisfy your appetite for longer periods.

Top Nuts for Protein: 10 Best Options to Amp Up Your Diet

Wondering which nuts you should be eating? Here are the top 10 high-protein options that we'd recommend if you're hoping to [build healthier eating habits](#), including their protein content per ounce:

#### #1 Peanuts

**Protein:** 7 grams of protein per ounce

Along with foods such as lentils, chickpeas, and soybeans, [peanuts](#) are classified as legumes.

These are a type of plant-based protein that are relatively cheap, easily accessible, and highly versatile.

Like other legumes, peanuts are rich in protein, delivering the highest amount of this important nutrient than any other nut. These commonly consumed nuts have the full spectrum of 9 essential [amino acids](#), the building blocks of protein, that we need to get through our diets, but contain lysine and methionine in [only low doses](#).

This means that peanuts and peanut butter can only be considered a complete protein, containing all 9 amino acids in sufficient amounts, when combined with complementary protein sources such as rice or bread.

#### #2 Almonds (6 g)

**Protein:** 6 grams of protein per ounce

Despite technically being seeds, [almonds](#) are typically considered one of the best high-protein tree nuts.

Thanks to their healthy fat and protein content, almonds have been shown to increase satiety and leave you feeling fuller for longer. One study found that consuming almonds mid-morning [significantly lowered calorie intake](#) at lunch and dinner, potentially making them a good [weight loss food](#).

When buying almonds, try to choose those with the skins on, as this is where most of the nut's nutrients can be found. They can also be beneficial in a high-protein nut butter, or as a low-calorie milk added to your morning coffee.

#### #3 Pistachios (6 g)

**Protein:** 6 grams of protein per ounce

Along with peanuts, [pistachios](#) contain a higher ratio of essential amino acids compared to the other nuts on our list.

Specifically, pistachios are the [richest source of valine](#), a branched-chain amino acid that must be obtained from dietary sources.

You may be surprised to hear that a one-ounce serving of pistachios contains as much protein as [one egg](#). This makes them a convenient alternative to other high-protein snacks that may be more difficult to eat on the go.

#### #4 Cashews (5.17 g)

**Protein:** 5.17 grams of protein per ounce

[Cashews](#) are also classified as seeds, but usually enjoyed as nuts. These high-protein nuts work well in Asian dishes like stir-fries for an added crunch, or crushed up to form the base of a cheesecake.

Whether eating as a rich nutty snack or mixing into your favorite meals, be sure to always buy raw cashews.

Many manufacturers add extra oils to enhance their flavor, but this can

simply increase the calorie content. Over time, consuming snacks with too much added salt may [increase your blood pressure](#), putting you at risk of heart disease and other cardiovascular issues.

#### #5 Walnuts (4.3 g)

**Protein:** 4.3 grams of protein per ounce

[Walnuts](#) make a great addition to both sweet and savory dishes. Use these high-protein nuts to top a [healthy dessert](#) like vegan banana pancakes, or crumble them into ground beef to boost the protein content of your favorite meat-based dishes.

As well as offering a good amount of protein, around 4 grams per serving, walnuts are known to be a rich plant-based source of antioxidants.

With [over 20 mmol](#) per 100 grams, walnuts have one of the highest antioxidant contents of all nuts, alongside chestnuts and pecans.

#### #6 Hazelnuts (4.2 g)

**Protein:** 4.2 grams of protein per ounce

Hazelnuts contain approximately 4 grams of protein per ounce and 176 calories, which is equivalent to 20 kernels. They are also rich in minerals like magnesium and calcium, which are important for [supporting healthy bones](#), along with vitamins B and E.

Thanks to their buttery toasted flavor, hazelnuts make a great high-protein snack either raw, roasted, or ground into a paste. Hazelnuts are generally best enjoyed paired with sweet foods like chocolate and creamy desserts, or to add a delicious twist to your regular coffee creamer.

They can also be used to make your own version of the popular branded chocolate spread, but with significantly lower calories, fewer added sugars, and more protein.

#### #7 Brazil nuts (4.1 g)

**Protein:** 4.1 grams of protein per ounce

Brazil nuts are the largest type of nuts on our high-protein list, and originate from the seeds of rainforest trees. While packing in 4.1 grams of protein per serving, they are perhaps most well-known for meeting [100% of your daily requirements](#) for selenium.

This is a mineral that plays a whole host of [important roles](#) in the body, from regulating thyroid and immune function to assisting testosterone production.

It also helps with [protein synthesis](#), the process during which cells in your body make proteins.

#### #8 Pine nuts (3.9 g)

**Protein:** 3.9 grams of protein per ounce

Derived from pine cones, pine nuts are another high-protein nut option that have an earthy, yet buttery taste and texture due to their [high unsaturated fat content](#).

This fat content makes pine nuts the perfect centerpiece for a rich pesto sauce. They are also regularly added to savory dishes like salads and pastas, or paired with roasted vegetables for a boost of protein.

Along with containing nearly 4 grams of protein per ounce, pine nuts are low in carbohydrates. This makes them an ideal snack for anyone wanting to eat nuts while on a low-carb or [keto diet](#).

#### #9 Pecans (2.6 g)

**Protein:** 2.6 grams of protein per ounce

While usually thought of as a Thanksgiving staple, pecans shouldn't just be reserved for pies.



With 2.6 grams of plant-based protein per ounce and no cholesterol or sodium, pecans make a great heart-healthy snack throughout the rest of the year.

They are also rich in over 19 [important vitamins and minerals](#), from calcium, magnesium, and phosphorus, to vitamins A and E.

A one-ounce serving of pecans contributes 10% of your recommended daily fiber intake, therefore helping to maintain a healthy gut and satisfy your appetite.

#### #10 Macadamia nuts (2.2 g)

**Protein:** 2.2 grams of protein per ounce

Containing 2.2 grams of protein per ounce, which equates to around 10 nuts, macadamia nuts have the lowest amount of protein of all other nuts on our list.

However, they can add that extra boost of protein you need to push you closer to your protein goal, and work as a healthier, on-the-go snack alternative to chips or candy.

As well as offering a subtle buttery flavor and creamy texture, macadamias have some of the [highest flavonoid levels](#) out of all tree nuts. Flavonoids are plant compounds that offer antioxidant effects, helping to [lower inflammation and cholesterol](#) levels.

#### Nuts: Health Benefits Beyond Protein

Nuts may be high in protein, but these health powerhouses also offer a range of other benefits that contribute to your overall wellness. We've summarized 3 reasons why you should include nuts in your daily diet:

## #1 Keep your heart healthy

Studies show that swapping one serving of red meat per day for nuts can [reduce your risk](#) of heart disease by 30%.

In particular, nuts are useful in lowering levels of bad LDL cholesterol and raising good HDL cholesterol. Maintaining balanced cholesterol levels helps to keep your cardiovascular system healthy, therefore reducing the risk of developing heart disease in the future.

Nuts are also a great source of healthy fats, particularly omega-3 fatty acids like alpha-linolenic acid (ALA). ALAs help your heart maintain a normal rhythm, and may also [protect the brain](#) from stroke.

## #2 Provide vitamins and minerals

Other than protein and healthy fats, nuts also deliver a range of vitamins and minerals that are important for maintaining your overall well-being.

For example, cashews contain large amounts of copper, a mineral that helps to create red blood cells, maintain connective tissues, and support immune function. Studies show that those who don't get enough copper into their diets are at higher risk of [developing osteoporosis](#), a condition causing weak and brittle bones.

Another essential mineral found in varieties such as brazil nuts is selenium, which helps to fight infection and protects thyroid health.

## #3 Protect against disease

Some nuts, such as almonds, are packed [full of antioxidants](#). When consumed, these plant compounds protect the body from free radicals that cause oxidative stress, potentially leading to heart disease, premature aging, and some types of cancer.

Walnuts in particular are a great source of antioxidants, with some research showing that they have [a greater capacity](#) for fighting free radicals than fish.

Along with ALAs, other omega-3 fatty acids found in nuts like pinolenic acid (PNLA) have [anti-inflammatory effects](#), which studies indicate may stop cancer from spreading.

### Incorporating High-Protein Nuts into Your Diet

As we've mentioned, nuts have an incomplete protein content because they don't contain all 9 of the essential amino acids that you need to get through your diet.

Although they work as a quick high-protein snack, combining nuts with other foods is therefore the best way to experience the benefits that complete protein sources can offer.

To achieve this, try using nuts to add a boost of protein to your favorite meals. For example, some varieties, such as pine nuts, can be toasted and used to add an extra crunch to salads. Combine with basil, parmesan cheese, and extra virgin olive oil to make your own pesto and serve on a sandwich or mixed with pasta.

If you've got more of a sweet tooth, add a handful of nuts, your favorite dried fruits, and dark chocolate to make a trail mix. This can be handy as a pre-workout snack, an after-dinner treat, or sprinkled on top of yogurt for a higher-protein snack.

Nut butters and spreads are another great way to increase the protein content of meals and snacks. Spread peanut butter on toast and top with bananas for a balanced meal containing proteins, healthy fats, carbs, and a range of vitamins.

Alternatively, try incorporating nuts into sauces – peanut butter makes a rich, yet deliciously sweet satay sauce that can be poured onto chicken and served with rice.

### Considerations and Precautions

Not everyone can eat nuts to boost their daily dose of protein – it's estimated that around [6 million people](#) in the US have a peanut allergy, and 3.9 million are allergic to tree nuts.

When nuts are consumed, these people may experience anaphylaxis, a life-threatening allergic reaction that sends the body into shock and can stop you from breathing. Some of the other signs of allergic reaction to look out for include:

- Itching of the throat, eyes, mouth, or skin
- Shortness of breath
- Nasal congestion
- Nausea and vomiting
- Diarrhea
- Abdominal pain

If you or a loved one experiences any of these symptoms after eating nuts, seek emergency medical help as soon as possible.

Despite being a great source of protein, nuts are relatively high in calories for their size. Eating more calories than you burn will put your body in a caloric surplus, which, over time, can cause weight gain and increase your risk of [developing health problems](#) such as type 2 diabetes and heart disease.

It's therefore vital to be mindful of portion sizes, and consume nuts only as part of a balanced diet. Rather than relying on them as your main protein source, try to eat plenty of lean meats and poultry, legumes, soy-based foods

From peanuts to macadamias, many nuts make great sources of plant-based protein for those hoping to add an extra boost to their daily diets. Try to include a range of nuts, nut butters, and milks in your meals and snacks to elevate the taste, texture, and nutritional profile.

However, remember that nuts are incomplete sources of protein. You should therefore eat them alongside other high-protein foods to provide your body with the full range of essential amino acids. **Content by James Thompson –Dietitian**



The Dip That Doesn't Drip.

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