

# Get Good Health By Eating Walnuts



**Walnut superfood news keeps getting better!**

**Gut Health.** Science Daily, walnuts beneficially change the makeup of bacteria in the gut. [Find out more](#)

**Weight Loss.** The New York Times, walnuts may be an effective weight loss tool. [Check it out](#) Walnuts quell cravings. [Harvard Medical School](#)

**Heart Health.** Tree-grown snacks could actually prevent a heart attack. [American Journal Clinical of Nutrition.](#)



- New Zealanders are discovering that fresh locally grown walnuts have a great taste and flavour

- More New Zealanders find that walnuts are a very healthy whole food to include in their diet
  - Scientists in New Zealand and overseas have proven the health benefits of walnuts
  - Walnuts grow on trees and are a sustainable crop that is friendly to our environment
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### **A Note From Growers**

As walnut growers we are confident that we have a wonderful healthy food product. A lot of years of time and effort is put into our orchards and we've come to know our product well. It's pleasing to find that we constantly come across information in the media, on the internet and from contact with scientists and food industry professionals about how good walnuts are for people.

### **Example from the New Zealand Listener.**

Reported on 21st of May 2015

*"Walnuts are the only nuts that contain a significant source of alpha-linolenic acid, and they also boast a variety of antioxidants, vitamins and minerals."*

And, again in the NZ Listener on 4th of June 2015.

### ***"Scientists are discovering more about the wonder that is the walnut"***

*"But unless you're allergic to walnuts, it's worth making the effort to include them in your diet. They have long been lauded for their health benefits, particularly when it comes to the heart".* [www.listener.co.nz](http://www.listener.co.nz)

### **Work of New Zealand Scientists.**

In a paper entitled Chemical Composition Of Walnuts professor Geoffrey Savage of Lincoln University says *"The data reported in this paper confirm that walnuts are a rich source of a number of important nutrients that appear to have a very positive effect on human health."* [See his paper here,](#)

**Link to another paper from Professor Savage and a Colleague.**  
[Some Nutritional Advantages of Walnuts](#)

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### **How Many Walnuts Should We Eat?**

- The Mayo Clinic says about a handful or 40 grams of nuts a day.
- An article in the Huffington Post says eat 7 walnuts a day. [huffingtonpost.co.uk](http://huffingtonpost.co.uk)
- Global News says an ounce or 28 grams of nuts per day. [globalnews.ca](http://globalnews.ca)

- The web site Humans Are Free says taking 51 grams of walnut oil per day will benefit your blood flow just 4 hours after first taking it. [humansarefree.com](http://humansarefree.com)



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### Information About Walnuts Found On The Internet

- Neevow.com lists 15 benefits of eating walnuts. [neevow.com/walnuts-health-benefits/](http://neevow.com/walnuts-health-benefits/)
- Dr Ian Sheerin who is one of our longest standing members has an interesting Facebook page about health and walnuts. It's worth a look. [www.facebook.com/walnutshealth/](http://www.facebook.com/walnutshealth/)
- There is extensive information about walnuts on the Worlds Healthiest Foods web site. [whfoods.com](http://whfoods.com)
- Mercola.com has a good summary of the 7 benefits of eating walnuts. [articles.mercola.com](http://articles.mercola.com)
- The Health Site gives 13 reasons to eat walnuts every day. [thehealthsite.com](http://thehealthsite.com)
- WebMd reports "Walnuts Have More, Better Antioxidants Than Peanuts, Pistachios, Other Nuts, Researcher Says" [www.webmd.com](http://www.webmd.com)
- [Walnuts are a great source of omega 3](#)

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**HEALTHY**



**EATING**

