Beat: Health

STUDY FINDS TREE NUT CONSUMPTION MAY LOWER RISK OF CARDIOVASCULAR DISEASE

WALNUTS POTENTIAL BENEFICIAL ROLE

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USPA NEWS - A new study published in the American Journal of Clinical Nutrition found that consuming tree nuts, such as walnuts, may lower the risk of cardiovascular disease. After conducting a systematic review and meta-analysis of 61 controlled trials, one of the authors, Michael Falk, PhD,...

A new study published in the American Journal of Clinical Nutrition found that consuming tree nuts, such as walnuts, may lower the risk of cardiovascular disease. After conducting a systematic review and meta-analysis of 61 controlled trials, one of the authors, Michael Falk, PhD, Life Sciences Research Organization, found that consuming tree nuts lowers total cholesterol, triglycerides, LDL cholesterol, and ApoB, the primary protein found in LDL cholesterol.

These are key factors that are used to evaluate a person's risk of cardiovascular disease. Walnuts were investigated in 21 of the 61 trials, more than any other nut reviewed in this study.

Beyond finding that tree nuts lower total cholesterol, triglycerides, LDL cholesterol and ApoB, researchers also found that consuming at least two servings (two ounces) per day of tree nuts, such as walnuts, has stronger effects on total cholesterol and LDL. Additionally, results showed that tree nut consumption may be particularly important for lowering the risk of heart disease in individuals with type 2 diabetes.

Source : California Walnut Commission

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