### NUTS AND SEEDS

#### HEALTH BENEFITS

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<th><strong>ALMONDS</strong></th>
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<th><strong>CHIA SEEDS</strong></th>
<th><strong>COCONUT</strong></th>
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| - Rich sources of vitamins, and minerals packed with numerous health promoting phyto-chemicals.  
- One of the complete sources of energy as well as nutrients.  
- Rich in mono-unsaturated fatty acids like oleic, and palmitoleic acids that help in lowering LDL (bad cholesterol) and increasing HDL (good cholesterol) in the body.  
- Excellent source of vitamin E  
- Free from gluten protein  
- Packed with many important B-complex vitamins such as riboflavin, niacin, thiamin, pantothenic acid, B6 and folates.  
- An incredible source of minerals such as manganese, potassium, calcium, iron, magnesium, zinc and selenium. | - High in calories, but packed with soluble dietary fiber, vitamins, minerals and numerous health promoting phyto-chemicals that help protect from diseases and cancers.  
- Rich in monounsaturated fatty acids like oleic, and palmitoleic acids that help in lowering LDL-cholesterol while increasing HDL-cholesterol.  
- Abundant sources of essential minerals such as manganese, potassium, copper, iron, magnesium, zinc, and selenium.  
- Good in many essential vitamins such as B5, B6, riboflavin and thiamin (B1).  
- Hold a small amount of zeaxanthin, an important pigment flavonoid antioxidant, which is selectively absorbed into the retinal macula lutea in the eyes. It is thought to provide antioxidant and protective UV ray filtering functions and helps prevent age-related macular degeneration (ARMD) in the elderly. | - Compose almost all the essential nutrients such as protein, omega-3 fatty acids, antioxidants, dietary fiber, vitamins and minerals essential for optimum growth and development in good proportions.  
- Rich in calories and compose an excellent proportion of omega-3 to 6 polyunsaturated fats.  
- Composed of several health benefiting anti-oxidants namely ferulic acid, caffeic acid, quercetin, etc.  
- The outer coat is made of water-soluble mucilage, a non-starch polysaccharide, which swells up and acquires gel-like consistency. Mucilage helps in smooth digestion and bowel movements.  
- A gluten free grain  
- A low-glycemic index food, which helps in effective regulation of daily blood glucose levels.  
- Excellent source of vitamins like niacin, riboflavin, thiamin and folic acid.  
- Good sources of essential minerals like calcium, phosphorous, iron, manganese and magnesium. Many of these minerals have a vital role in bone mineralization, red blood cell production, enzyme synthesis, as well as regulation of cardiac and skeletal muscle activities. | - Rich in calories, vitamins and minerals.  
- High in saturated fats, but has many bioactive compounds that are essential for better health.  
- The important saturated fatty acid is lauric acid, which increases HDL (good) cholesterol levels in the blood. Physicians recommend high HDL to total cholesterol levels in the blood.  
- Coconut water is very refreshing. It is packed with simple sugar, electrolytes, minerals, and bioactive compounds, such as cytokinin, and enzymes such as acid phosphatase, catalase, dehydrogenase, peroxidase, polymerases, etc. Altogether, these enzymes aid in digestion and metabolism.  
- The kernel is an excellent source of minerals such as copper, calcium, iron, manganese, magnesium and zinc. The meat and water contain a good amount of potassium.  
- It is a very good source of B-complex vitamins such as folates, riboflavin, niacin, thiamin, and pyridoxine. |
| **FLAX SEEDS (LINSEED)** | • One of the very high-calorie dense foods, but is an excellent source of numerous health-benefiting nutrients, dietary fiber (mucilage), minerals, antioxidants and vitamins that are essential for optimal health.  
• Rich in monounsaturated fatty acids like oleic acid. It is also one of the top plant sources of omega-3 essential fatty acids.  
• Regular intake of small portions of flax seeds in the diet helps to lower LDL (bad cholesterol) and increases HDL (good cholesterol) in the blood.  
• An excellent source of vitamin E  
• Packed with many important B-complex vitamins such as riboflavin, niacin, thiamin (an essential co-factor for carbohydrate metabolism and helps prevent beri-beri disease), pantothenic acid, B6 and folates.  
• Rich source of minerals like manganese, potassium, calcium, iron, magnesium, zinc and selenium. |
| **PEANUTS** | • Rich in energy and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimal health.  
• Compose sufficient levels of mono-unsaturated fatty acids, especially oleic acid, which helps lower LDL and increase HDL in the blood.  
• Good source of dietary protein; compose fine quality amino acids that are essential for growth and development.  
• Excellent source of resveratrol, another polyphenolic antioxidant, which has been found to have protective function against cancers, heart disease, degenerative nerve disease, Alzheimer’s disease, and viral/fungal infections.  
• An excellent source of vitamin E, a powerful lipid soluble antioxidant which helps maintain the integrity of cell membrane of mucus membranes and skin by protecting from harmful oxygen free radicals.  
• Packed with many important B-complex vitamins such as riboflavin, niacin, thiamin, pantothenic acid, B6 and folates.  
• Rich source of minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc and selenium. |
| **PECANS** | • Rich source of energy and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for wellness.  
• Rich in monounsaturated fatty acids like oleic acid and an excellent source of phenolic antioxidants. Regular addition of pecans in the diet helps decrease total and LDL (bad) cholesterol and increases HDL (good) cholesterol.  
• Rich source of many phyto-chemical substances that contribute to overall antioxidant activity, ellagic acid, vitamin E, beta-carotene, lutein and zeaxanthin.  
• Anti-proliferative properties of ellagic acid is because of its ability to inhibit DNA binding of certain carcinogens such as nitrosamines and polycyclic aromatic hydrocarbons, thus, offering protection to the body from cancers  
• Excellent source of vitamin E, which is a powerful lipid soluble antioxidant.  
• Very rich source of several important B-complex vitamins such as riboflavin, niacin, thiamin, pantothenic acid, B6 and folates.  
• Rich source of minerals like manganese, potassium, calcium, iron, magnesium, zinc and selenium. |
| **PISTACHIOS** | • Good source of protein, fats and minerals  
• Rich source of energy and compose good amounts of monounsaturated fatty acids like oleic acid and antioxidants.  
• Regular consumption may help lower total and LDL cholesterol and increase HDL cholesterol.  
• Rich source of many antioxidant phyto-chemical substances such as carotenes, vitamin E, and polyphenolic antioxidant compounds  
• Excellent source of vitamin E  
• Packed with many important B-complex vitamins such as riboflavin, niacin, thiamin, pantothenic acid, B6 and folates.  
• A storehouse of minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc and selenium.  
• Pistachio oil extracted from kernels is one of the healthiest cooking oils |
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<th><strong>Pumpkin Seeds</strong></th>
<th><strong>Quinoa</strong></th>
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| - High in calories but packed with fiber, vitamins, minerals and numerous health promoting antioxidants.  
- Their high calorific value mainly comes from proteins and fats.  
- Especially rich in monounsaturated fatty acids like oleic acid, which helps lower LDL and increase HDL cholesterol in the blood.  
- Carry good-quality protein and are an excellent source of amino acid tryptophan and glutamate.  
- Glutamate is required in the synthesis of gamma-aminobutyric acid (GABA), an anti-stress neurochemical in the brain that helps reduce anxiety, nervous irritability and other neurotic conditions.  
- A very good source of vitamin E, and an excellent source of B-complex vitamins such as thiamin, riboflavin, niacin (helps in the reduction of LDL), pantothenic acid, B6 (pyridoxine) and folates.  
- Contain good amounts of essential minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc and selenium. | - Quinoa seeds are high in calories, but its grains are moderate sources of energy.  
- Quinoa grains are high in protein and compose almost all the essential amino acids required for the body at excellent proportions, especially lysine.  
- A gluten-free staple food. Gluten is a protein which may induce stomach upset and diarrhea in those with gluten sensitivity or celiac disease.  
- Rich source of soluble and insoluble dietary fiber.  
- Good source of B-complex vitamins, vitamin-E and essential fatty acids such as linoleic and alpha-linolenic acid.  
- Excellent source of vitamin A, folate and antioxidants such as lutein, carotene, crypto-xanthin, and zeaxanthin.  
- Excellent source of minerals like iron, copper, calcium, potassium, manganese, and magnesium. | - High in energy and calories. Incredible source of health benefiting nutrients, minerals, antioxidants and vitamins.  
- Rich in poly-unsaturated fatty acid linoleic acid. Good in mono-unsaturated oleic acid, which helps reduce LDL and increase HDL cholesterol.  
- Good source of proteins loaded with fine quality amino acids such as tryptophan that are essential for growth, especially in children.  
- Contain health benefiting poly-phenol compounds such as chlorogenic acid (helps reduce blood sugar levels by limiting glycogen breakdown in the liver), quinic acid, and caffeic acids.  
- A very rich source of vitamin E, and one of the finest sources of B-complex vitamins such as niacin (helps reduce LDL), folic acid, thiamin (B1), B6, pantothenic acid and riboflavin.  
- Incredibly rich sources of many essential minerals such as calcium, iron, manganese, zinc, magnesium, selenium and copper. Many of these minerals play a vital role in bone mineralization, red blood cell production, enzyme secretion, hormone production, as well as in the regulation of cardiac and skeletal muscle activities. | - Much of the calories come from fats, sesame seeds contain several notable health-benefiting nutrients, minerals, antioxidants and vitamins.  
- Especially rich in mono-unsaturated fatty acid, oleic acid, which helps lower LDL (bad) and raise HDL (good) cholesterol in the blood.  
- Very valuable sources of dietary protein.  
- Rich in quality vitamins and minerals. Good sources of B-complex vitamins such as niacin, folic acid (essential for DNA synthesis), thiamin (B1), pyridoxine (B6) and riboflavin.  
- Niacin, found abundantly in sesame seeds, helps reduce LDL levels in the blood. It also enhances GABA activity in the brain, which in turn helps reduce anxiety and neurosis.  
- Rich sources of many essential minerals, such as calcium, iron, manganese, zinc, magnesium, selenium and copper. Many of these minerals have a vital role in bone mineralization, red blood cell production, enzyme synthesis, hormone production, as well as regulation of cardiac and skeletal muscle activities. |
WALNUTS

- Rich source of energy and of monounsaturated fatty acids oleic acid.
- Excellent source of omega-3 essential fatty acids such as linoleic acid, alpha-linolenic acid and arachidonic acids. Regular consumption may help in reducing LDL and increasing HDL.
- Eating a handful of walnuts daily can provide about 90% of the daily recommended intake of omega-3 fatty acids.
- Rich source of many phyto-chemical substances (melatonin, ellagic acid, vitamin E, carotenoids, poly-phenolic compounds) that are known to have potential health effects against cancer, aging, inflammation, and neurological diseases.
- Excellent source of vitamin E, and especially rich in gamma-tocopherol.
- Packed with several important B-complex vitamins such as riboflavin, niacin, thiamin, pantothenic acid, B6 and folates.
- Rich source of minerals such as manganese, copper, potassium, calcium, iron, magnesium, zinc and selenium.