



We all know that **nuts are a healthy, nutritive and tasty nutritional choice** and that they should not be missing from our daily diet, not only as an occasional treat and on holidays, but every day with our lunch or as a snack.

A fair number of studies have been conducted these past years concerning their nutritional composition and value, which prove that nuts are **rich in polyunsaturated fatty acids, proteins, vitamins, natural fibres and micronutrients**. This is why specialists urge people to consume nuts on a daily basis, moderately and preferably raw and unsalted. The 16 years study of Harvard University on 84,000 women aged 35-60 is noteworthy. According to it, the **persons consuming nuts five or more times a week are 27% less prone on presenting type 2 diabetes**.

So, in reference to

almonds

for example these are a

rich source of calcium and phytosterols

, while

walnuts

are

rich in vitamin E

(equally to olive oil) and antioxidant substances such as

selenium

and

manganese

. The

pine nut is rich in metals and micronutrients

as are seeds, and constitute an

energy food for the cardiovascular system.

Pistachios

are an

equally significant source of monounsaturated fats and proteins

as well as

hazel-nuts

. Finally, all dried fruit are naturally ripened and withhold a great part of their vitamins, assisting thus our digestive tract and cardiovascular system.

It is obvious that nuts contribute to the right function of the human organism with a unique way. This is why we should all show our preference to them and systematically introduce them into our daily diet.