

Stay Health Fitness Wellness Healthy Weekly

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How to Live a Better You: Health and Fitness in 2025

As we step into 2025, it's the perfect time to focus on becoming the best version of ourselves. Here are some ideas to help you live a healthier and more fulfilling life this year:

By Jaye Kenzie— CEO Stay Healthy Weekly

1. Embrace a Balanced Diet

Eating a balanced diet is crucial for maintaining good health. Incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals. Avoid processed foods and sugary drinks, and opt for natural, nutrient-dense options instead.

2. Stay Active

Regular physical activity is essential for overall well-being. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week. Mix up your routine with activities you enjoy, such as walking, running, swimming, or dancing.

3. Prioritize Mental Health

Mental health is just as important as physical health. Practice mindfulness, meditation, or yoga to reduce stress and improve mental clarity. Don't hesitate to seek professional help if you're struggling with anxiety, depression, or other mental health issues.

4. Get Enough Sleep

Quality sleep is vital for overall health. Aim for 7-9 hours of sleep per night and establish a consistent sleep schedule. Create a relaxing bedtime routine and avoid screens before bed to improve your sleep quality.

5. Stay Hydrated

Drinking enough water is essential for maintaining good health. Aim to drink at least 8 glasses of water per day, and more if you're physically active or live in a hot climate. Carry a reusable water bottle with you to stay hydrated throughout the day.

6. Build Strong Relationships

Healthy relationships are key to a fulfilling life. Spend time with loved ones, nurture your friendships, and seek out new connections. Surround yourself with positive, supportive people who encourage your growth and well-being.

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Set Realistic Goals-This is a key to success

Setting realistic and achievable goals can help you stay motivated and focused. Break down your larger goals into smaller, manageable steps, and celebrate your progress along the way. Remember, it's about progress, not perfection.

8. Practice Self-Care

Make time for self-care activities that bring you joy and relaxation. Whether it's reading a book, taking a bath, or going for a walk in nature, prioritize activities that help you recharge and feel good.

9. Limit Screen Time

Excessive screen time can negatively impact your health. Set boundaries for your screen use, and take regular breaks to rest your eyes and stretch your body. Engage in offline activities that promote creativity and relaxation.

10. Stay Informed

Stay informed about the latest health and fitness trends, but be critical of the information you consume. Rely on reputable sources and consult with healthcare professionals before making significant changes to your lifestyle.

By incorporating these tips into your daily routine, you can live a healthier, happier, and more fulfilling life in 2025. Remember, it's never too late to start making positive changes for a better you!



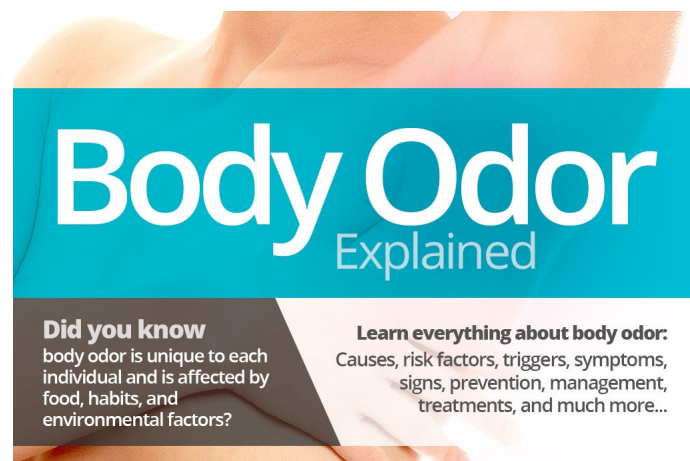
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Aging Has An Unexpected Effect On Your Body Odor

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.

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*

Citrus & Vetiver

Citrus & Vetiver is a sublime combination of energizing scents that are guaranteed to pick you up each day.

We blend citrus and vetiver (a type of grass, similar to lemongrass) essential oils to give this scent its refreshing, uplifting smell that everyone loves.



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Coconut Oil

Helps condition skin, and gives our deodorants a smooth glide without feeling greasy.



Tapioca Starch

A natural starch derived from the root of the cassava plant.



Dead Sea Minerals

Dead Sea natural salts are rich in magnesium and help fight odor causing bacteria.



Essential Oils

No artificial fragrance here – we use 100% natural oils for a delightful scent experience.

Skin & body care with nothing to hide.

Safe, EWG-rated ingredients & proven-to-work formulas

These are not just products.

They're ingredients & sourcing practices we put on our bodies each & every day, inside packaging with real power to help us all **take care of ourselves, each other, and our one & only planet.**





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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 miner-

als. 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 re-

sponse 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



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

Learn more at
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			✓



Doctors Recommend Top 5 Healthiest Toothpaste to Use

Content by Dr. Han Choi, DDS

When it comes to maintaining optimal oral health, choosing the right toothpaste is crucial. Dentists and oral health experts have weighed in on the best options available in 2025. Here are some top recommendations:

1. **Crest Pro-Health Clean Mint Toothpaste**

Crest Pro-Health Clean Mint Toothpaste is a favorite among dentists for its all-around protection. It contains fluoride, which helps fight cavities, and is effective in reducing plaque and gingivitis.

2. **Sensodyne Fresh Mint Sensitivity Protection Toothpaste**

For those with sensitive teeth, Sensodyne Fresh Mint Sensitivity Protection Toothpaste is highly recommended. It not only provides relief from sensitivity but also offers cavity protection and freshens breath.

3. **Parodontax Clean Mint Daily Fluoride Toothpaste**

Parodontax Clean Mint Daily Fluoride Toothpaste is excellent for removing plaque and improving gum health. Its unique formula helps reduce bleeding gums and keeps your mouth feeling fresh.

4. **Colgate Total Deep Clean Toothpaste**

Colgate Total Deep Clean Toothpaste is known for its deep-cleaning properties. It fights cavities, plaque, and gingivitis while also providing long-lasting fresh breath.

5. **Tom's of Maine Natural Children's Fluoride Toothpaste**

For kids, Tom's of Maine Natural Children's Fluoride Toothpaste is a great choice. It contains fluoride to protect against cavities and is free from artificial flavors, colors, and preservatives.

Key Ingredients to Look For

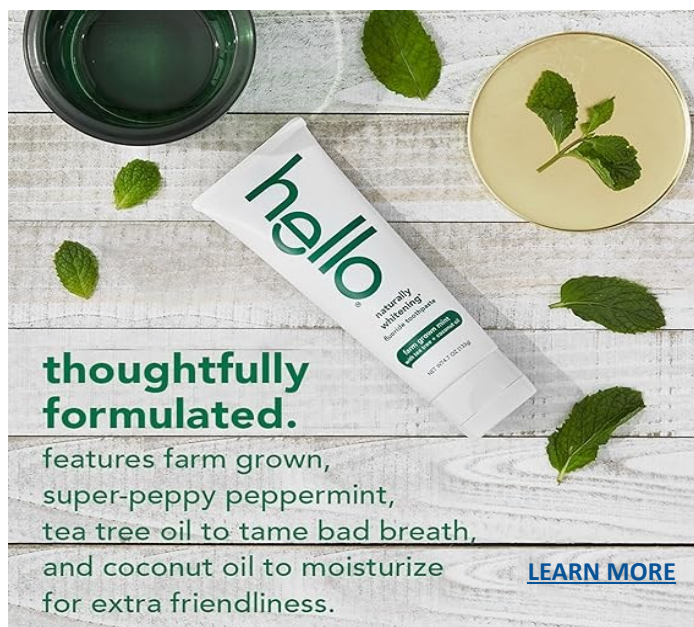
When selecting a toothpaste, dentists recommend looking for the following key ingredients:

- **Fluoride**: Essential for cavity prevention and strengthening tooth enamel.
- **Sodium Lauryl Sulfate (SLS)**: A detergent that helps create foam, but some people may be sensitive to it.
- **Nano-Hydroxyapatite**: An alternative to fluoride that helps with sensitivity and cavity prevention.

Ingredients to Avoid

- **Artificial Sweeteners**: Can contribute to tooth decay.
- **High Abrasive Agents**: Can wear down tooth enamel over time.

By choosing a toothpaste with these recommended ingredients and avoiding harmful additives, you can ensure that your oral health is in top shape. Remember to brush twice a day and visit your dentist regularly for check-ups and professional cleanings.



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Here are nine affordable foods that can help boost your brain health:

Doctors Ayesha and Dean Sherzai, affectionately known as the “Brain Docs,” have dedicated their careers to uncovering lifestyle changes that promote better brain function. According to them, diet is a powerful tool to support cognitive health.

Brain Health and Nutrition: A Powerful Connection

The Sherzais emphasize that small, everyday changes in your diet can dramatically reduce the risk of cognitive decline and diseases like dementia.

One groundbreaking study they reference analyzed the eating patterns of older adults in Chicago and found that those adhering to a brain-healthy diet lowered their risk of developing dementia by 53%. “These are unimaginable numbers,” said Dean Sherzai, pointing out that this can be achieved without complex supplements or medications—just simple dietary adjustments.

So, what should you eat to support your brain? The Sherzais’ list of nine brain-boosting foods is entirely plant-based and backed by solid scientific evidence. Let’s dive in.

1. **Oats:** Packed with fiber and antioxidants, oats provide a steady stream of energy to the brain, helping maintain focus and cognitive performance throughout the day.

2. **Bananas:** Rich in potassium and vitamin B6, bananas support the production of neurotransmitters, which play a key role in memory and brain function.

3. **Eggs:** A great source of protein and choline, eggs help with memory development and overall brain function.

4. **Spinach:** Loaded with iron, folate, and vitamins A, C, and K, spinach may help slow cognitive decline and keep your mind sharp.

5. **Peanuts:** Providing healthy fats, protein, and vitamin E, peanuts support cognitive function and protect the brain from age-related decline.

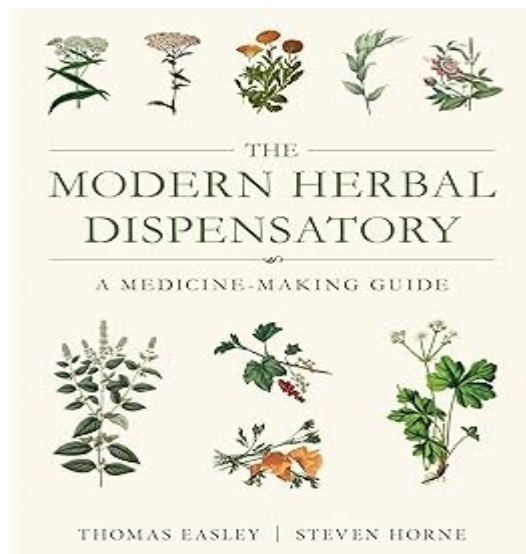
6. **Apples:** Rich in fiber and antioxidants, particularly quercetin, apples may have neuroprotective effects and help protect against neurodegenerative diseases like Alzheimer’s.

7. **Carrots:** Known for their beta-carotene content, which is converted into vitamin A in the body, carrots have been linked to improved memory and cognitive function.

8. **Sunflower Seeds:** An excellent source of vitamin E and healthy fats, sunflower seeds protect brain cells from oxidative stress, helping maintain healthy cognitive function as you age.

9. **Lentils:** High in protein, iron, and folate, lentils are essential nutrients for energy and brain health.

Incorporating these foods into your daily meals can support cognitive function, memory, and overall brain performance—all for under \$1 per serving.





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**

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

