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Eat Nuts Rather than Potato Chips

Eating small amounts of nuts when you are hungry may help reduce heart diseases later on in your life. Click on the link below to find out how nuts can help reduce your risk of heart diseases and more information on this new study.

A pooled analysis of 25 research trials published in the May 10th issue of *Archives of Internal Medicine* has confirmed that eating nuts does significantly lower blood lipid levels. Eating just a small amount--an average of 67 grams (2.4 ounces)--of nuts daily, lowered total cholesterol by 5.9 percent and low density lipoprotein (LDL) cholesterol by 7.4 percent. In addition, triglyceride levels (another fat in the blood) fell by 10.2 percent in people with initial levels of 150 mg/dL or higher. Concentrations of high density lipoprotein (HDL) cholesterol were unchanged.

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