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Health Benefits of Walnuts

Walnuts are a great food to snack on but many people don't know just how healthy walnuts are. They contain high amounts of Omegas which are great for lowering cholesterol and helping your brain cells to function properly. They've also been shown to lower your chances of getting gallstones, improve your bone health and help you get a better nights sleep.

Nuts in general are high in nutrients and antioxidants. They are great for snacking and help those looking to lose weight. They can be added to salads, oatmeal or just eaten out of the bag.

For more information on the amazing benefits of walnuts check out the link below.

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