HEALTHY FOOD

Nuts Can Be Good for Your Brain Health as Long as You're Not Making These 5 Mistakes

By bestfolkmedicine · 20/07/2022 · 3 min read



Nuts are abundant with nutrients that are good for our brain health. However, some nut habits may be robbing you away from these amazing benefits!

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When we consume these crunchy and tasty snacks as a part of a balanced diet, they can help us reduce brain aging and the risk of Alzheimer's.

Nuts have the ideal fatty acid profile for our brain, including high levels of mono- and polyunsaturated ones.

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Walnuts are especially rich in omega 3s which are essential for the brain.

Nuts Are Good for the Brain as Long as You're Avoiding These 5 Mistakes

Nuts contain vitamins, phytochemicals, and minerals that benefit our health, literally from the head to the toes.

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Some of them are vitamin E, magnesium, fiber, zinc, and thiamin.

However, before you go nuts about eating nuts, let's consider the most common mistakes you may be doing while consuming nuts.

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1. **You're not eating them as often as necessary**

In order for nuts to do their thing and protect your brain, you need to consume them on a regular basis.

According to findings from 2015 published in *Alzheimer's and Dementia* Journal, people who followed a Mediterranean-style diet low in sodium experienced the lowest rates of dementia and Alzheimer's when they ate nuts, legumes, and seeds, five or more times per week.

Make it a habit of adding them to your morning oatmeal, to smoothies, spread nut butter on toast, etc.

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2. **You eat sugary or very salty nuts**

Sugar and salt are often added to nuts to provide a better flavor.

However, excessive amounts of sugar and salt can have a negative influence on your cognition.

Excessive sodium also elevates the risk of dementia according to a review from 2020 published in the Journal of *Alzheimer's Disease*.

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Surplus sugar intake also elevates the chances for Alzheimer's, strokes, and dementia, according to a 2021 study published in the *Prevention of Alzheimer's* Journal.

Choose plain, salt- and sugar-free nuts. If you do like salted nuts, opt for lower-sodium ones.

3. **You're not choosing the organic options**

Exposure to pesticides may elevate the risk of Alzheimer's, dementia, and cognitive dysfunction, according to a review published in *Toxicology Letters* in 2020.

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The chemicals that are used to grow cashews, peanuts, pistachios, and almonds are considered risky.

With this in mind, choose the organic options when/if possible.

4. **You're only eating peanuts and peanut butter**

Peanuts are nutritious, but they're not the only nuts you should add to your diet.

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For example, walnuts are abundant in omega 3s, Brazil nuts supply you with potent antioxidants, etc.

Opt for nut mixes when possible and prolong their shelf life by storing them in the fridge or the freezer.

5. **You're not mindful of the portion**

Nuts are rich in calories and 1.5-ounces of almonds have 246 calories while the same amount of cashews has 236. If you're constantly snacking more than a handful of two, you may easily elevate the caloric intake.

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Higher calorie intake is associated with weight gain and this increases the risk of dementia and cognitive decline.

Approximately 1.5 ounces or a handful is enough for the day. Use them in your oatmeal, yogurt, salads, etc.

Sources:

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