



Walnuts

Walnuts are a powerhouse of nutrients. They help to combat stress by bolstering the system against its damaging effects. Some people worry that walnuts are high in fat – they need not, as the fat is polyunsaturated, the healthiest form.

Walnuts lower blood cholesterol levels – and thereby help to protect the heart from disease. Their polyunsaturated fats supply essential fatty acids that the body cannot manufacture for itself (these have a special function in blood clotting). Pickled walnuts are rich in vitamin C, which helps to reduce stress, and gargling with the pickling vinegar soothes sore throats. The oil is delicious in salad dressings, pesto and dips. Try sprinkling a few on your breakfast cereal!