

## Consume a small amount of walnuts, chestnuts and nuts every day to reduce obesity and cancer risk

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Accordingly, a group of London and UK scientists has announced that consuming 20 grams and a few series of nuts, walnuts, and peanuts every day can help prevent obesity, Cardiovascular disease, cancer that causes premature death .



The researchers believe that most of these nuts and beans are rich in monounsaturated fats, without "bad" cholesterol, as a source of abundant phytosterols that help lower cholesterol. CNN news agency reported.



In a general analysis of 29 related studies in 2016 with a survey size of up to 819,000 people found that consuming 20 grams of walnuts per day would reduce the risk of heart disease by 30%. , reduce the risk of cancer by 15% and reduce the risk of premature death from chronic diseases by 22%.

In fact, studies show that these nuts, walnuts, and peanuts also help control appetite, reduce the risk of overweight and obesity, which are prone to diabetes. Heart.

Specifically, in the study of London scientists showed that nuts, walnuts, peanuts contain a lot of fiber, protein, vitamins and minerals, including folate, vitamin E, potassium and magnesium are one of the essential nutrients and trace elements in the body.



In particular, walnuts are judged to be superior to chestnuts and peanuts because in addition to the above-mentioned nutritional and micro-nutritional factors, they also have an abundance of **omega-3 fatty acids** to help brighten the eyes and brain tonic. Nice skin and prevent cancer.

And most importantly, all three nuts, beans, and fruits contain **antioxidants that are** stronger than other foods. - According to the study of the American Chemical Society.

Not only that, they also have monounsaturated fat, along with beneficial **proteins** that help slow down blood sugar levels, control the appetite of the body with sweet or carbohydrate-rich foods.

Research has also shown that eating nuts, walnuts, and peanuts daily can help us live healthier lives.

To support boredom, you can grind these nuts, beans, and fruits together with the fruit, sprinkle some mixture on salads, cereals, yogurt or can make facial masks also extremely be good.

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