The Health Benefits of Nuts

Almonds	Contain more protein and fibre than other nuts. Source of magnesium, calcium, zinc and vitamin E. Keeps bones and colon healthy.
Brazil Nuts	High selenium content. Reduces inflammation and allergies and helps wound healing. Helps reduce PMS and boosts immunity.
Cashews	Contains magnesium and more iron than all other nuts Contain less fat than other nuts. Are also a source of phosphorus and zinc.
Hazelnuts	Good source of copper and vitamin B7, Biotin. Beneficial to digestive health. Also a good source of manganese
Peanuts	Rich in anti-oxidants. Good source of folate, manganese, niacin and vitamin E. Also contain iron.
Chestnuts	Low in fat. The only nut that contains vitamin C
Pecans	Contain more than 19 vitamins and minerals, including vitamins A, B, E and K and zinc, copper, magnesium and manganese Prevents hair loss and promotes healthy skin.
Pistachios	Anti-inflammatory and liver protective. Contains more potassium than all other nuts May help reduce erectile disfunction.