

## OUTLINE

Nuts and Health :Title

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Introduction: Nuts are small dry fruit with a hard shell that grow on trees or bushes. The edible kernel (the contents of the shell) is usually also called a nut. Nuts are a healthy plant food because they are high in healthy fats, protein and fibre, yet they're often the source of confusion for those wanting to manage their weight.

Main Body:

Nuts provide nutrients

The nutrients difference between raw and roasted nuts

Positive affect of nuts for heart health

Nuts reduce the risk of developing type 2 diabetes

Not all nuts are healthy

Nuts cause allergy to people

Conclusion:

Nuts are a healthy food and a good source of protein and healthy fats. Nuts contain monounsaturated fats, polyunsaturated fats and other compounds that influence blood cholesterol. People who are overweight or obese can eat nuts in moderation instead of high-fat processed foods.

*Refer*

*ences:*

<http://www.nutritionaustralia.org/national/frequently-asked-questions/general-nutrition/nuts-and-health>

<https://www.betterhealth.vic.gov.au/health/healthyliving/nuts>

<https://www.navs-online.org/nutrition/healthfulfoods/nutsandseeds.php>

<http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/nuts/art-20046635>