

Go Nuts!

Nuts and seeds are nutritional powerhouses, full of protein, fiber, vitamins and minerals. Here are a few ideas to try:

- Make a big salad and toss in some sunflower seeds, pepitas, or chopped walnuts.
- Nuts can be added to grains like rice, quinoa, and barley.
- Pine nuts and slivered almonds go great with pasta dishes.
 - Add a scoop of chia seeds to yogurt or hot cereal.
 - Sprinkle sesame seeds onto your next stir fry.

Enjoy nuts and seeds in moderation and improve your blood sugar, cholesterol, and blood pressure.

Be Well.

The Health and Wellness Foundational Tool Team

“Keeping your body healthy is an expression of gratitude to the whole cosmos – the trees, the clouds, everything.”

- Thich Nhat Hanh

