Go nuts... Get crunching!

At breakfast
Nut butter on wholemeal toast or in smoothies. Chopped nuts scattered on porridge. 
**Why not try –** making wholemeal pancakes with yogurt, sliced fruit and nut butter.

In a plant-based dish
Try in nut roasts, veggie burgers, pastas and salads. 
**Why not try –** an Asian spicy noodle salad with plenty of crunchy julienne vegetables and nuts.

In a favourite recipe
Added to stir fries, stews and curries. 
**Why not try –** an African nut stew with sweet potatoes and plenty of vegetables.

As a snack
Nut butter on rye crispbread, oatcakes or with fruit sticks. Yogurt with nuts and berries. 
**Why not try –** keeping it simple with a handful of plain, unsalted, unsweetened nuts.

Reasons to include nuts in your diet

- **Source of fibre**
- **Source of vitamins & minerals**
- **Plant-based protein**
- **Walnuts are high in omega-3 fats**
- **High in unsaturated fats**

Nuts are calorie dense so be mindful of portion sizes – a handful is great!

When choosing nut butter try going for varieties without added sugar or salt.

*Such as niacin, thiamin, magnesium, phosphorus, copper and manganese. Many are also a source of zinc, iron, vitamin E, folate, potassium and vitamin B6.

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