



# NUTS: Nature's MULTI-VITAMIN

SMALL IN SIZE. HUGE IN NUTRITION.

Nuts are packed with powerful nutrients to fuel your body, mind, and family.



**CORE TRUTH:** Nuts are powerful—just a small amount gives your body what it needs. Each nut offers something different—variety is key!

## WHY NUTS ARE AMAZING

- NUTRIENT DENSE**  
Packed with vitamins, minerals, healthy fats, fiber, and antioxidants
- HEART HEALTH**  
Supports healthy blood flow and strong circulation
- BRAIN SUPPORT**  
Helps memory, focus, and long-term brain health
- IMMUNE SUPPORT**  
Supports your body's natural defenses
- STEADY ENERGY**  
Helps avoid energy crashes
- GUT FRIENDLY**  
Supports digestion and a healthy gut

## WALNUTS – BRAIN & HEART POWERHOUSE



**WHAT'S IN IT:** Omega-3s (ALA), vitamin E, copper, magnesium, polyphenols

- WHAT IT DOES:**
- Supports brain function & memory
  - Helps reduce inflammation
  - Supports heart health & healthy cholesterol levels

**WHY IT MATTERS:** Omega-3s are essential fats your body can't make. Walnuts are one of the best plant sources to nourish your brain and heart.

## BRAZIL NUTS – THE SELENIUM SUPERSTAR



**WHAT'S IN IT:** Selenium (extremely high), healthy fats, copper, magnesium

- WHAT IT DOES:**
- Selenium is a powerful antioxidant
  - Supports thyroid health
  - Slips protect cells from damage
  - Supports immune function

**WHY IT MATTERS:** Just 1–2 Brazil nuts meet your daily selenium needs. Selenium is essential for energy production, immunity, detoxification, and hormone balance.

### HOW MANY?

1–2 nuts per day is all you need. More can be too much selenium and may cause side effects.



## HOW MUCH IS RIGHT?

A LITTLE GOES A LONG WAY!



**THE RIGHT AMOUNT**  
1 small handful per day (about 1 oz / 28–30g) is plenty!

**TOO MUCH**  
A large handful can be too many calories and may crowd out other nutritious foods.

## MACADAMIA NUTS – HEALTHY FAT FUEL



**WHAT'S IN IT:** Monounsaturated fats, manganese, thiamine, copper

- WHAT IT DOES:**
- Supports heart health
  - Provides steady energy
  - Supports brain & nerve function
  - Gentle on digestion

**WHY IT MATTERS:** Macadamias are rich in heart-healthy fats that help your body absorb fat-soluble vitamins and keep your cells strong.

## PISTACHIOS – PROTEIN & FIBER PACKED



**WHAT'S IN IT:** Protein, fiber, vitamin B6, potassium, antioxidants

- WHAT IT DOES:**
- Supports healthy blood sugar
  - Aids digestion & gut health
  - Supports eye health
  - Helps you feel full & satisfied

**WHY IT MATTERS:** Pistachios are one of the lowest calorie nuts per serving with a powerful mix of protein, fiber, and nutrients for total body support.

## PECANS – ANTIOXIDANT PROTECTORS



**WHAT'S IN IT:** Antioxidants, healthy fats, manganese, zinc, magnesium

- WHAT IT DOES:**
- Helps protect cells from damage
  - Supports immune health
  - Supports bone & skin health
  - Supports healthy cholesterol

**WHY IT MATTERS:** Pecans are loaded with antioxidants that fight free radicals—helping your body stay strong, youthful, and resilient.

## NUTS ARE CALORIE DENSE

so stick to a small handful for best results.



## THE POWER OF VARIETY

Different nuts = different strengths.

Eat a variety each day to get the full benefit!

EXAMPLE: A DAILY PORTION FOR A HEALTHY WEIGHT ADULT MALE



4–6 PECAN HALVES

This is about 1 oz (28–30g) of mixed nuts.

Perfect for daily nutrition!

## WHY A LITTLE GOES A LONG WAY

Nuts are nutrient dense—here's why a small amount can do so much for your body.



Small foods can do big work inside your body.

## NUTRIENTS YOUR BODY ACTUALLY USES

Nuts are packed with nutrients your body uses every day.

- Mg MAGNESIUM**  
Supports muscles, nerves, and helps your body relax.
- Se SELENIUM**  
Protects cells and supports thyroid health (found especially in Brazil nuts).
- HEALTHY FATS**  
Fuel your brain and help balance hormones.
- ANTIOXIDANTS**  
Help protect your body from damage over time.



Nuts don't just give energy—they help your body work better.

## ARE ALL NUTS EQUAL?

Peanuts are actually legumes, not tree nuts. They are often more processed and can be higher in omega-6 fats. Focus on whole, unprocessed tree nuts for the best benefits.



## A FEW TIPS

- Choose raw or dry roasted (no added oils or salt).
- Look for high-quality, minimally processed nuts.
- Store in a cool, dark place or in the fridge.
- Eat a variety for a full spectrum of nutrients!



## A GIFT FROM NATURE

Nuts grow from the earth to nourish your body. Real food for real life.



## NOT ALL "NUTS" ARE EQUAL

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