

Beat: Health

STUDY FINDS TREE NUT CONSUMPTION MAY LOWER RISK OF CARDIOVASCULAR DISEASE

WALNUTS POTENTIAL BENEFICIAL ROLE

PARIS - FOLSOM, 23.11.2015, 11:36 Time

USPA NEWS - A new study published in the American Journal of Clinical Nutrition found that consuming tree nuts, such as walnuts, may lower the risk of cardiovascular disease. After conducting a systematic review and meta-analysis of 61 controlled trials, one of the authors, Michael Falk, PhD,...

A new study published in the American Journal of Clinical Nutrition found that consuming tree nuts, such as walnuts, may lower the risk of cardiovascular disease. After conducting a systematic review and meta-analysis of 61 controlled trials, one of the authors, Michael Falk, PhD, Life Sciences Research Organization, found that consuming tree nuts lowers total cholesterol, triglycerides, LDL cholesterol, and ApoB, the primary protein found in LDL cholesterol.

These are key factors that are used to evaluate a person's risk of cardiovascular disease. Walnuts were investigated in 21 of the 61 trials, more than any other nut reviewed in this study.

Beyond finding that tree nuts lower total cholesterol, triglycerides, LDL cholesterol and ApoB, researchers also found that consuming at least two servings (two ounces) per day of tree nuts, such as walnuts, has stronger effects on total cholesterol and LDL. Additionally, results showed that tree nut consumption may be particularly important for lowering the risk of heart disease in individuals with type 2 diabetes.

Source : California Walnut Commission

Ruby BIRD

<http://www.portfolio.uspa24.com/>

Yasmina BEDDOU

<http://www.yasmina-beddou.uspa24.com/>

Article online:

<https://www.uspa24.com/bericht-6495/study-finds-tree-nut-consumption-may-lower-risk-of-cardiovascular-disease.html>

Editorial office and responsibility:

V.i.S.d.P. & Sect. 6 MDSStV (German Interstate Media Services Agreement): Ruby BIRD & Yasmina BEDDOU (Journalists/Directors)

Exemption from liability:

The publisher shall assume no liability for the accuracy or completeness of the published report and is merely providing space for the submission of and access to third-party content. Liability for the content of a report lies solely with the author of such report. Ruby BIRD & Yasmina BEDDOU (Journalists/Directors)

Editorial program service of General News Agency:

UPA United Press Agency LTD

483 Green Lanes
UK, London N13NV 4BS
contact (at) unitedpressagency.com
Official Federal Reg. No. 7442619