

The food that we eat can extend life. For example, nuts. Studies show that there is a connection between these products and an increase in life expectancy by 10 years among 40-year-olds.

These are the benefits for health give nuts.

Improving brain health. Studies show that the nuts support the health of the brain, and can also prevent a deterioration in cognitive abilities, especially in the elderly and in people with an increased risk of dementia. Nuts are especially useful for the mind, as they contain alpha-linolenic acid.

Maintaining heart health. According to the results of one major study, the diet rich in nuts helps to reduce the risk of heart disease by 25%. The fact is that these products contain unsaturated fats, fiber, antioxidants, minerals, and vegetable protein useful for the heart.



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Chronic diseases. Nuts are included in different power models associated with the extension of life. Including in the Mediterranean diet. In addition, regular use of these products reduces the risk of death from diabetes and cancer. The results of one major study showed that those who ate about 30 g of nuts per day were 11% less often from cancer and 22% less often for any other reason.

Preservation of muscle mass. A pronounced loss of muscle mass (sarcopenia) increases the risk of falls and fractures. In the elderly, this also increases the chances of the development of infections, postoperative complications, mortality. One small study showed that nuts help to maintain muscle mass and protect themselves from sarcopenia.

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