

# Walnuts May Reduce Risk of Heart Disease, Study Shows

FOLSOM , CALIFORNIA, UNITED STATES, June 21, 2022 /EINPresswire.com/ -- Walnuts are rich in antioxidants and omega-3 fatty acids, which may help reduce the risk of heart disease, a new study shows. The study, published in the journal *Journal of Nutrition*, found that eating walnuts daily for 12 weeks significantly reduced the levels of LDL cholesterol and triglycerides in the blood. The researchers also found that walnuts improved the levels of HDL cholesterol, which is known as "good" cholesterol. The study was conducted on 40 healthy adults who were given either a walnut-based snack or a control snack for 12 weeks. The walnut group showed a significant reduction in LDL cholesterol and triglycerides, and an increase in HDL cholesterol, compared to the control group. The researchers concluded that eating walnuts may be a beneficial dietary strategy for reducing the risk of heart disease. -- (ARAB NEWSWIRE) --



California Walnuts

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