

Adding Just a Small Handful of Walnuts Can Have Dietary Benefits for the Whole Family

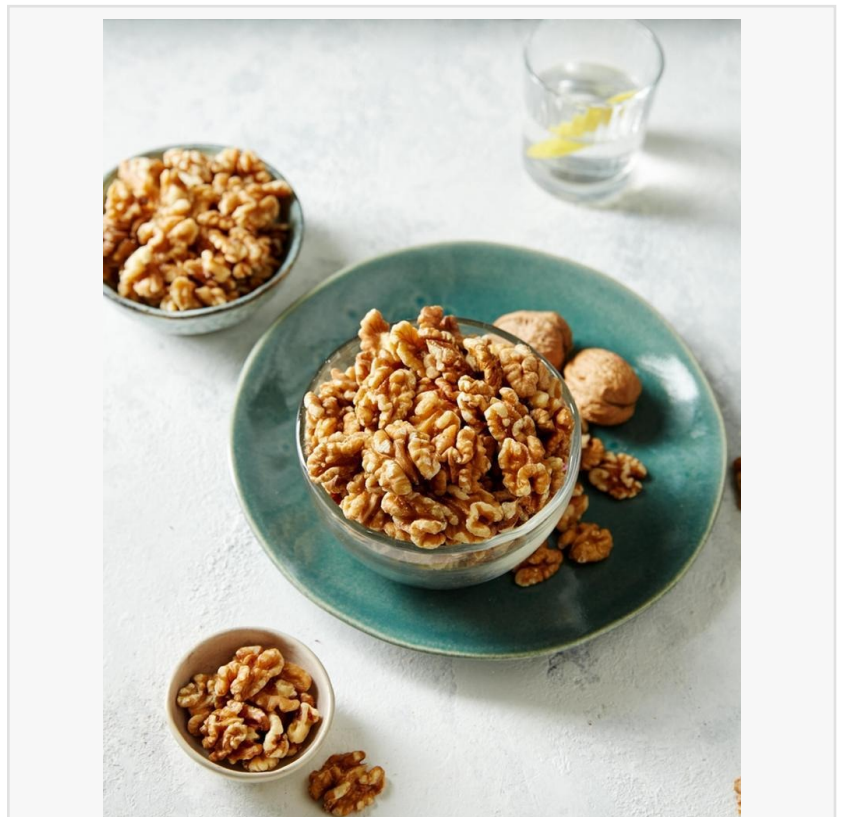
ISTANBUL, TURKEY, February 28, 2023 /EINPresswire.com/ -- New modeling research suggests adding just one ounce of walnuts to the typical American diet is a simple change that brings many nutritional benefits for all life stages

A new study¹ from researchers at Indiana University School of Public Health-Bloomington have found that adding one ounce of walnuts (or one handful) to the diet of children and adults who do not normally eat nuts improves diet quality and intake of some under-consumed nutrients of public health importance.

Consistent evidence shows that walnuts as a snack or within a meal can provide good nutrition and be part of a healthy diet for life.^{1,2}

“While nut consumption is already promoted in the Dietary Guidelines for Americans as part of a healthy dietary pattern, consumers are often not eating enough alongside whole grains, fruit and vegetables,” says Dr. Thiagarajah, lead researcher on the study and Senior Lecturer of Nutrition at Indiana University School of Public Health-Bloomington.

“Underconsumption of nutritious foods like walnuts as part of a balanced diet can result in nutrient inadequacies. When added in the diet, walnuts lead to small nutrition wins for the



California Walnut

Table 1. Summary of the nutrient impact of adding one ounce of walnuts to typical American diet

Outcome	Result
Healthy Eating Index (e.g., Diet Quality)	<ul style="list-style-type: none"> Significantly improved the diet quality for all ages and genders. Improvements were seen for the seafood and plant protein category (e.g., more seafood and plant protein), as well as the ratio of unsaturated to saturated fats (e.g., less saturated fat).
Nutrients of Public Health Importance from the 2020 Dietary Guidelines for Americans	<ul style="list-style-type: none"> Significantly improved fiber intake across all age and gender categories. Increased the percentage of adults above the recommended daily intake for potassium. A similar trend was observed among children and adolescents (4–18 years). Reduced the percentage of adults, children, and adolescents with intakes below the daily needs for magnesium and folate.
Other Nutrients	<ul style="list-style-type: none"> Reductions in copper and zinc inadequacy for most age and gender groups.

Summary of the nutrient impact of adding one ounce of walnuts to typical American diet

whole family,” she adds.

For parents and guardians, ensuring children and adolescents are getting all the nutrients they need can be challenging.³ This is one of the few studies looking at the typical diet of both children and adults and simulating how the simple addition of walnuts to the diet could help achieve better nutritional status. Incorporating walnuts into snacks and meals may be an easy option for adults and children to consider as part of their diet.

Study Overview

Advanced statistical modeling techniques were used to see what would happen when one ounce of walnuts was added to the typical daily diet of nearly 8,000 Americans who do not currently eat nuts.

Participant health and dietary information were obtained from The National Health and Nutrition Examination Survey (NHANES), which is a nationally representative, cross-sectional survey of people living in the United States. Information was analyzed by age group (4–8 years, 9–13 years, 14–18 years, 19–50 years, 51–70 years, 71 years and older) and gender.

“We primarily wanted to see how adding a handful of walnuts to the typical U.S. diet could change intakes in nutrients of public health concern identified by the 2020–2025 U.S. Dietary Guidelines for Americans, including potassium, dietary fiber, and magnesium,” explains Dr. Thiagarajah.

Researchers then evaluated diet quality with and without the added one ounce of walnuts using the 2015 Healthy Eating Index (HEI-2015).

Results At A Glance

Adding one ounce of walnuts to the typical diets of Americans resulted in the following outcomes listed in Table 1.

Table 1. Summary of the nutrient impact of adding one ounce of walnuts to typical American diet

“This was not an intervention or feeding study, but the modeling done as part of this research is highly important as it allows us to evaluate broad dietary implications for the general public which could have meaningful impacts to overall health,” notes Dr. Thiagarajah.

Limitations of this study include the fact that self-reported 24-hour dietary recall data were used to conduct the modeling in this study and are subject to measurement error due to large day-to-day variations in food intake.

Additionally, this study can only be used to explain how adding walnuts to the diet of no-nut

consumers may be impacted (n=7,757). No nut consumers tended to be younger, Hispanic or black, have an annual household income of less than \$20,000.

While this modeling study demonstrates potential positive nutritional impact with walnut consumption, further observational studies or well-designed randomized clinical trials are needed to confirm these results.

A simple strategy such as adding one ounce of walnuts to a daily eating pattern can be a potential solution to improve diet quality for people of all ages. This modeling study clearly demonstrates that small dietary changes with nutrient-dense foods like walnuts may have significant benefits on nutrient intake and diet quality.

###

References:

1. Spence LA, Henschel B, Li R, Tekwe CD, Thiagarajah K. Adding walnuts to the usual diet can improve diet quality in the United States: Diet modeling study based on NHANES 2015–2018. *Nutrients*. 2023; 15(2):258.
2. Yi SY, et al. Association of nut consumption with CVD risk factors in young to middle-aged adults: The Coronary Artery Risk Development in Young Adults (CARDIA) study. *Nutrition, Metabolism and Cardiovascular Diseases*. 2022;32(10):2321-2329.
3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts offers 18 grams of total fat, 2.5 grams of monounsaturated fat, 13 grams of polyunsaturated fat including 2.5 grams of alpha-linolenic acid – the plant-based omega-3.

Funding Source: This research was funded by the [California Walnut Commission](https://www.californiawalnuts.com).

About California Walnut Commission:

The California Walnut Commission (CWC), established in 1987, is funded by mandatory assessments of the growers. The Commission is an agency of the State of California that works in concurrence with the Secretary of the California Department of Food and Agriculture (CDFA). The CWC is mainly involved in health research and export market development activities. For more industry information, health research and recipe ideas, visit www.californiawalnuts.com

Media Contact:

Promedia PR Agency
Berk Ütkü

berku@promedia.com.tr

This press release is issued through Arab Newswire (www.arabnewswire.com) – a newswire service for Arab World, Middle East and North Africa (MENA), and it is distributed by EmailWire™ (www.emailwire.com) – the global newswire service that provides Press release distribution with guaranteed results™.

Berk Utku

Promedia Public Relations

+90 212 645 70 00

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/619365179>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.