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## Review Confirms Heart-Healthy Benefits of Walnuts

*By Greg Arnold, DC, CSCS, July 10, 2009, abstracted from "Effects of walnut consumption on blood lipids and other cardiovascular risk factors: a meta-analysis and systematic review" in the 2009 issue of the American Journal of Clinical Nutrition*

Link - <http://www.nowfoods.com/HealthLibrary/HealthArticles/HealthNotes/076717.htm?cat>

Walnuts were introduced to the Americas by Spanish explorers in the 1700s (1) and are currently the second largest nut crop produced in the U.S. (second only to almonds). Health benefits of walnuts include [helping control blood sugar levels](#) (2), [promoting both eye health](#) (3) and [blood vessel health](#) (4). Now a new study (5) has confirmed the heart-health benefits of walnuts in regards to cardiovascular disease, which costs our healthcare system \$448 billion per year (6).

In the study, researchers conducted a review of 13 studies lasting between 4 and 24 weeks and including 365 patients. They examined the role of walnuts (making up 10-24% of total daily calories) in cardiovascular disease risk factors. The researchers found "significantly greater decreases" in patients taking walnuts on both total and LDL cholesterol with decreases of 10.3 mg/dL and 9.2 mg/dL, respectively. There were no significant changes in HDL cholesterol, triglyceride levels or body mass index in the walnut group.

For the researchers, "high-walnut-enriched diets significantly decreased total and LDL cholesterol for the duration of the short-term trials" but that "larger and longer-term trials are needed to address the effects of walnut consumption on cardiovascular risk and body weight."

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