

Health Benefits of Eating Hazelnuts

Hazelnuts are good for heart health



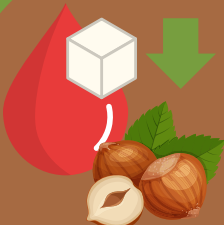
Hazelnuts are great to keep your heart healthy! Adding them to your diet leads to lower cholesterol, better artery health and better blood pressure, AND with less inflammation.

Hazelnuts are HIGHLY nutritious!

Hazelnuts are high in mono- and polyunsaturated fats, full of omega-6 and omega-9 fatty acids, and are a rich source of antioxidants. Plus they have lots of fibre, carbs, and vitamins, making them a great and healthy snack!



Hazelnuts could lower your blood sugar



Like other nuts, adding hazelnuts to your diet could lower your blood sugar. Oleic acid, which is found in hazelnuts, has also been shown to increase insulin sensitivity.

Hazelnuts could reduce your risk of certain cancer types

Some of the antioxidants you can find in hazelnuts, such as Vitamin E and Manganese, have been found to reduce the risk of certain types of cancer.

