



Age Old Wisdom

NUTS TO YOU!

If you want to live longer, eat more nuts. That is the conclusion of the largest study of its kind, involving nearly 119,000 men and women who were tracked for up to two dozen years. Those who regularly ate any type of nuts were less likely to die from heart disease, lung cancer, or all other causes than nut abstainers. The reason why nuts are so healthy has to do with the fact that they are rich in unsaturated fats, protein, fiber, and vitamin E while being low in carbohydrates. When it comes to supplying antioxidants (substances that may prevent or delay some types of cell damage), one serving of nuts is comparable to a serving of broccoli or tomatoes.

At Deutsches Altenheim, we realize the importance of a healthy diet when it comes to our seniors. We provide nutritious, delicious meals and snacks that have been designed to include the vitamins and minerals necessary to promote good health. *Our seniors are our #1 priority!*

P.S. Studies have linked nut consumption to improvement in cholesterol, blood pressure, and blood sugar control.