

Top 10 Nuts and Seeds

The 10 healthiest nuts and seeds, from walnuts and almonds to flax and chia, with the evidence, serving sizes, allergy and medication cautions.

1 Walnuts

ALA omega-3, polyphenols

Serving: 1 oz (about 14 halves)

Highest plant omega-3 (ALA) content of common nuts.

2 Almonds

Vitamin E, magnesium, fiber

Serving: 1 oz (about 23 almonds)

Vitamin E, fiber, and magnesium in a versatile nut.

3 Pistachios

Potassium, lutein, protein

Serving: 1 oz (about 49 kernels)

Lower-calorie nut with lutein and potassium.

4 Peanuts

Protein, niacin, unsaturated fat

Serving: 1 oz or 2 tablespoons peanut butter

An affordable legume that behaves like a nut nutritionally.

5 Ground Flaxseed

ALA omega-3, lignans, fiber

Serving: 1-2 tablespoons ground daily

Rich in ALA, lignans, and soluble fiber.

6 Chia Seeds

Fiber, ALA omega-3, calcium

Serving: 1-2 tablespoons

Soluble fiber that forms a filling gel.

7 Pumpkin Seeds

Magnesium, zinc, iron

Serving: 1 oz

Among the richest food sources of magnesium.

8 Sunflower Seeds

Vitamin E, selenium

Serving: 1 oz

Vitamin E and selenium powerhouse.

9 Brazil Nuts

Selenium

Serving: 1-2 nuts

One nut meets daily selenium needs.

10 Sesame Seeds and Tahini

Calcium, copper, sesamin

Serving: 1-2 tablespoons

Calcium, healthy fats, and lignans.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/nuts-seeds/