

Advances in research on the health effects of nuts and their oils?4?

In addition, some studies have found that nut oils also have antioxidant effects. BALKAN et al. studied the effects of hazelnut oil on lipid peroxides in rabbits with high cholesterol (HC) model and found that hazelnut oil can reduce the levels of lipid peroxide conjugated diene (DC) and MDA.

[Microwave drying machine](#)



Studies have also shown that hazelnut oil can reduce oxidative damage and cholesterol accumulation in the aorta of high cholesterol model rabbits. The mice were intragastrically administered with different doses of walnut oil for 3 weeks. It was found that walnut oil significantly increased total antioxidant capacity (T-AOC), superoxide dismutase (SOD) and peroxidation in liver and brain tissues of mice. Activity of hydrogenase (CAT) and glutathione peroxidase (GSH-Px). Indirectly, the amount of walnut oil helps to enhance the body's ability to scavenge free radicals.

5 other effects

Scientists have accidentally discovered that chewing strength plays a role in improving vision. Eating more nuts can improve vision. In addition, nuts are the best for brain and puzzle. The amino acids in nut foods are the main components of brain cells, and they also contain B vitamins and calcium, phosphorus, iron and zinc

which are beneficial to brain nerve cells. Nutritionists also point out that regular consumption of nuts can also help reduce the risk of breast and male reproductive diseases.

6 summary

In summary, [nut kernel](#) is a functional food source that integrates nutrition and health care. It is a good source of protein, unsaturated fatty acid, dietary fiber, vitamins and minerals. At the same time, as a functional food, it can reduce cardiovascular disease. The risk of disease and the prevention of chronic diseases are increasingly becoming the focus of researchers.

Although nuts are high-fat, high-calorie foods, they tend to choose low-fat diets in public awareness, but a large number of experimental studies and nutritional epidemics have shown that nuts can reduce blood lipids and other health effects, nuts and fruits, vegetables, beans, Cereals are an important part of our healthy diet.

At present, the chemical components of nuts and their oils that play various health effects may be different: unsaturated fatty acids, tocopherols and selenium, dietary fiber, folic acid, magnesium, copper, etc. are generally considered to regulate blood lipids, anti-oxidation, and reduce diabetes. It plays an important role in the risk of cardiovascular disease, but the contribution of the size, the role of a single component or the result of a combination of effects or the role of other biologically active ingredients is not clear enough, and needs to be explored at a deeper level.