

THE NUT SHEET

MINI GUIDE

Your personal pocket guide to understanding what different nuts actually bring to the body.



NUT SHEET - PAGE 1



WALNUTS

Rich in:

Plant Omega-3s (ALA)
and Polyphenols

Superpower:

Supports brain health and gut inflammation linked with IBS by increasing gut diversity via its prebiotic effects. Also enhances the gut-brain axis signaling.



ALMONDS

Rich in:

Vitamin E, Magnesium,
and Fiber

Superpower:

The fiber improves blood sugar regulation by slowing down gastric emptying, and Vitamin E provides protection to the gut lining.



BRAZIL NUTS

Rich in:

Selenium (in the most concentrated natural forms)

Superpower:

Activates thyroid hormones which are critical for gut function. Just 1-2 Brazil nuts a day can fulfill your selenium requirements.



PECANS

Rich in:

Antioxidants, Fiber, and Zinc

Superpower:

Fights off oxidative stress on the gut and immune function. It also promotes healthy cholesterol for cardiovascular health.

NUT SHEET - PAGE 2



CASHEWS

Rich in:

Copper, Magnesium, moderate protein

Superpower:

Supports energy metabolism and nervous system function by boosting iron absorption. Also protects the gut mucosal lining.



MACADAMIA

Rich in:

Monounsaturated fats (oleic and palmitoleic acid)

Superpower:

Supports insulin sensitivity and blood glucose control and helps with keeping digestion consistent and rhythmic



PISTACHIOS

Rich in:

B vitamins, Potassium, and Fiber

Superpower:

Supports gut microbiome diversity and cardiovascular health. Should be eaten in moderation due to high-satiety effects.



HAZELNUTS

Rich in:

Folate, Vitamin E, and polyunsaturated / monounsaturated fats

Superpower:

Protects cell membranes during times of stress and recovery phases.

Remember that nuts are not 'fatty foods'. They are a source of essential 'Good Fats' that our body requires!



A small note before you go.

*Just know that every little step counts and if this helped you see your digestion a little differently and take a step forward, I'm really glad you stopped by here
:)*

*For more gentle, real-life gut insights, find me at
[@thegutperspective](#)*

– Paridhi Garg

