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November 13, 2024

Channel Your Inner Squirrel

It is the time of year when hibernating animals prepare their winter dens by gathering food. For our resident squirrels, a good part of that collection is seeds and nuts, and for good reason!

Nuts and seeds are excellent sources of:

- fibre
- antioxidants
- vitamins and minerals
- healthy fats
- plant-based protein

Nuts are plant seeds, and most are the seeds of trees. Peanuts, however, are the seeds of a legume. Seeds can come from vegetables (such as pumpkins), flowers (such as sunflowers), or crops grown for a variety of uses (such as flax or hemp).

Please find at this link some of the healthiest nut and seed sources available in your local supermarket (note: for those who have allergies, we hope you can find something on this list that is safe for you to enjoy!)

Nuts have various textures, flavors, and nutrient profiles. They are great on their own, paired with fruit, or added to dishes like salads, desserts, and grains.

Seeds are also extremely easy to add to salads, yogurt, oatmeal, and smoothies, and can be an easy way to add healthy nutrients to your diet.

Furthermore, they can help reduce the risk of certain diseases. In particular, the lignans in certain seeds may help lower cholesterol and the risk of cancer.

However, be aware that too much of a good thing may not be so healthy. Nuts and seeds, while nutritious, do contain considerable calories and fat, so eat healthy portion sizes!

Sources

[Quick-start guide to nuts and seeds](#)

[The Top 9 Nuts to Eat for Better Health](#)

[The Top 7 Healthiest Nuts, According to Experts](#)

<https://www.healthline.com/nutrition/6-healthiest-seeds>

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.