

## Nuts, Optimum Substitutes for any Meal

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**Received:** July 22, 2019; **Published:** August 12, 2019

**DOI:** 10.31080/ASNH.2019.03.0408

### Abstract

Nuts are technically not count as main foods but can be a valuable substitute for them when there is lack of specific kind of food in certain time. Nuts in part can fulfill the sense of starving when there is a delay to access to the main food so that the body can be nurtured at that time and there will not be any decline in muscles or bone nature and so the risk of illness. This account for a very precious characteristic of nuts for all individuals. Therefore, a great substitutes of nuts would cover nutritional demands when it is required and consuming the nuts can be very useful aids for better health for large individual at different states.

**Keywords:** Nuts; Meal Substitutes; Health Benefits.

### Introduction

Technically, nuts are not called as main foods but can be an optimal alternative for daily meals when there is delay to access to main meals. Consuming nuts as snack is more healthy than consuming the snake like chips, biscuits, or cakes. Nuts such as walnuts, different kind of peanuts as well as almonds and chestnuts account for healthy alternative for some meals (Figure 1).

Food substitutes such nuts can be very good part of daily diet. They are simply very easy to use and they are time – consuming to utilize. In this way, the body can stay healthy and the muscle and bones will not decline owing to not receiving other appropriate nutritional ingredients. In fact, having aqueduct amounts of nuts can be a good preventive strategy for variety of illness (Figure 2)[1].

**Figure 1:** Optimum substitutes for meals.

**Figure 2:** Nuts for better health.

Individuals with body mass index under 20 (BMI<20) in particular can preserve their overall health with ongoing uses of different nuts whenever they had senses of starving to prevent of osteopenia for example. Nuts are enriched in protein and can be very helpful for slims [2].

Nuts consist of suitable calories which can be good nutritional fit for overweight or obese individual (BMI>25). Utilizing, proper amount of nuts can fulfil demand of foods in aforementioned people without any side effects which they could easily get from other snacks such as fried, pizza and many fizzy drinks. Nuts can reduce the magnitudes of LDL (low-density lipoprotein cholesterol, also called "bad" cholesterol) and total cholesterol levels within body that can be helpful for better health in fat individual [3].

The unique nutrient profiles of nuts also can be beneficial for elderly with diminish in strength and level of energy. Nuts enhance the energy levels and improve nutritional requirements in older adults which result in mitigating several diseases in terms of optimal health among them [4]. Finally, ongoing consumptions of nuts can inhibit vitamin deficiency in variety of individuals as each nut contains specific vitamin form nutritional perspectives.

### Conclusion

Therefore, it can be conclude consuming nuts in daily usages can yield several health benefits and promotion of nuts consumptions strongly are recommended for all individual.

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**Volume 3 Issue 9 September 2019**

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