

Walnuts: Good For The Gut!

Walnuts have always been known as an antioxidant with a rich source of fiber, alpha-linoleic acid, and Omega-3 fatty acids. Recent research by Lauri Byerly, PhD, RD, and associate Professor of Research at LSU School of Medicine, has found that walnuts in the diet also provide positive benefits for your digestive system.

In a study with two groups of rats, one group was given a diet of walnuts and the other without. The study noted a difference in the gut bacteria, as the walnut diet group had an increase of positive bacteria, most notably, lactobacillus, as well as a larger capacity. More studies have to be performed, perhaps with a certain age group of people, but there seems to be more reasons to include walnuts in your diet.

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