

It is not Nuts to Eat Nuts

High intake of nuts has been linked to a reduced risk of mortality. Previous studies, however, were primarily conducted among people of European descent, particularly those of high socioeconomic status. The current study included over 200,000 people of all races and socioeconomic status in the US and China. The population was followed for up to 12 years.

The results of the study showed that in all groups the risk of death was reduced in those who ate nuts. Those who ate the greatest amount of nuts had the largest reductions in death rates. The most common nuts eaten were peanuts. The effect on reduction in death rate was largely from reduced death related to heart disease. There was also a reduction in the death from strokes in the Asian population. The beneficial effects were seen even in those with a history of smoking and other medical conditions.

Consumption of nuts, particularly peanuts given their general affordability, may be considered a cost-effective measure to improve cardiovascular health.

Editorial: We are constantly learning more about the ways in which our life style has an impact on our health. The study above describes a major effect of one particular dietary selection on health. We can only guess about the cause and effect of nuts and heart disease. We can suggest that healthy food selections, like nuts, vegetables, whole grains and unprocessed foods are far better than processed high fat, high sugar “fast food”. These dietary selections are real lifestyle issues and are at the “heart” of your health.

Bibliography

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