

Choosing Nuts and Nut Butters



Choose a variety of nuts and nut butters to provide your body with the nutrients it needs such as protein, fibre and antioxidants.



If you are looking for a nut butter, use the ingredients list to ensure that **nuts are the only ingredient** listed

INGREDIENT LIST

Dry Roasted Almonds

Contains: Almonds. May Contain: Peanuts, Other Tree Nuts Sesame Seeds



Choose nuts that have "**unsalted**" written on the package



Choose **raw or dry roasted nuts** instead of those roasted in oil

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.