



Top Protein Choice for Enhanced Cholesterol Health

Description

When it comes to managing cholesterol, the foods we consume play a pivotal role in our heart health. Among them, walnuts emerge as a true powerhouse in lowering cholesterol. Research shows that consuming 1 to 2 ounces of walnuts daily for two years can reduce total and LDL cholesterol by around 4%.

But why is it crucial to maintain healthy cholesterol levels? As Wendy Bazilian, an esteemed dietitian, explains, "High levels of LDL cholesterol can cause plaque buildup in the arteries, increasing the risk of heart disease and stroke." Conversely, HDL cholesterol helps clear excess cholesterol, likened to garbage trucks cleaning up the bloodstream.

Walnuts stand out in the fight against high cholesterol due to their comprehensive nutritional package. They provide 4 grams of protein per ounce, primarily from plant sources, which tend to be lower in saturated fat. Even though walnuts contain about 19 grams of total fat per ounce, only 2 grams are saturated fat, making them suitable for those monitoring cholesterol.

Not just a source of protein, walnuts offer 2 grams of fiber per ounce. This fiber aids in cholesterol management by binding to cholesterol in the digestive system, aiding its excretion. Walnuts also boast two types of heart-healthy polyunsaturated fats, such as alpha-linolenic acid (ALA), which regulate LDL cholesterol and triglycerides effectively.

Moreover, walnuts are loaded with polyphenols, which have antioxidant properties that combat oxidative stress and inflammation, thus promoting heart health. They also support gut health by fostering beneficial bacteria, which play a role in maintaining lower cholesterol levels.

Incorporating walnuts into your diet is a breeze. Whether sprinkling them on breakfast cereal, using them as a meat substitute in tacos, or whipping up a walnut-infused pesto, there are plenty of tasty ways to enjoy the benefits of these nutritional powerhouses. Indulge in walnuts, and your heart—and taste buds—will indeed be delighted.

Vocabulary List:

1. **Pivotal** /ˈpɪv.ə.təl/ (adjective): Of crucial importance in relation to the development or success of something else.
2. **Comprehensive** /ˌkɒm.prɪˈhɛn.sɪv/ (adjective): Including all or nearly all elements or aspects of something.
3. **Excretion** /ɪkˈskriː.ʃən/ (noun): The process of eliminating or expelling waste matter.
4. **Triglycerides** /ˈtrɪˌɡlɪs.əˌraɪdz/ (noun): A type of fat (lipid) found in your blood.
5. **Oxidative** /ˌɒksɪˈdeɪtɪv/ (adjective): Relating to or denoting the process of oxidation.
6. **Fostering** /ˈfɔː.stər.ɪŋ/ (verb): Encouraging the development of something (typically something regarded as good).



Comprehension Questions

Multiple Choice

1. What percentage can consuming 1 to 2 ounces of walnuts daily for two years reduce total and LDL cholesterol by?
Option: 2%
Option: 4%
Option: 6%
Option: 8%
2. How many grams of protein do walnuts provide per ounce?
Option: 2 grams
Option: 4 grams
Option: 6 grams
Option: 8 grams
3. How many grams of fiber do walnuts offer per ounce?
Option: 1 gram
Option: 2 grams
Option: 3 grams
Option: 4 grams
4. Which type of fats in walnuts help regulate LDL cholesterol and triglycerides?
Option: Monounsaturated fats
Option: Polyunsaturated fats
Option: Saturated fats
Option: Trans fats
5. What are the antioxidant compounds found in walnuts that combat oxidative stress and inflammation?
Option: Vitamins C
Option: Polyphenols
Option: Carotenoids
Option: Flavonoids
6. What role do walnuts play in supporting gut health?



- Option: Boosting blood sugar
- Option: Producing vitamins
- Option: Fostering beneficial bacteria
- Option: Reducing cholesterol absorption

Gap-Fill

13. Walnuts contain _____ grams of total fat per ounce, of which only 2 grams are saturated fat.
14. Walnuts are known to have two types of heart-healthy polyunsaturated fats, including alpha-linolenic acid (ALA) and _____.
15. Consuming walnuts daily can reduce total and LDL cholesterol by around _____ percent.
16. A diet rich in walnuts can help combat oxidative stress and _____.
17. Wendy Bazilian mentions that high levels of LDL cholesterol can lead to plaque buildup in the arteries, increasing the risk of heart disease and _____.
18. Fiber in walnuts binds to cholesterol in the digestive system, aiding in its _____.

Answer

Multiple Choice: 1. 4% 2. 4 grams 3. 2 grams 4. Polyunsaturated fats 5. Polyphenols 6. Fostering beneficial bacteria

Gap-Fill: 13. 19 14. Not provided in the text 15. 4% 16. inflammation 17. stroke 18. excretion

Answer

CATEGORY

1. Health - LEVEL4

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