



Brazil nuts

Although Brazil nuts are high in fat, they are a great source of protein and minerals, especially selenium, an essential trace element. One of the roles of selenium is to protect cell membranes from damage by free radicals. Brazil nuts are great if following a plant-based diet as other food sources rich in selenium are fish and offal.

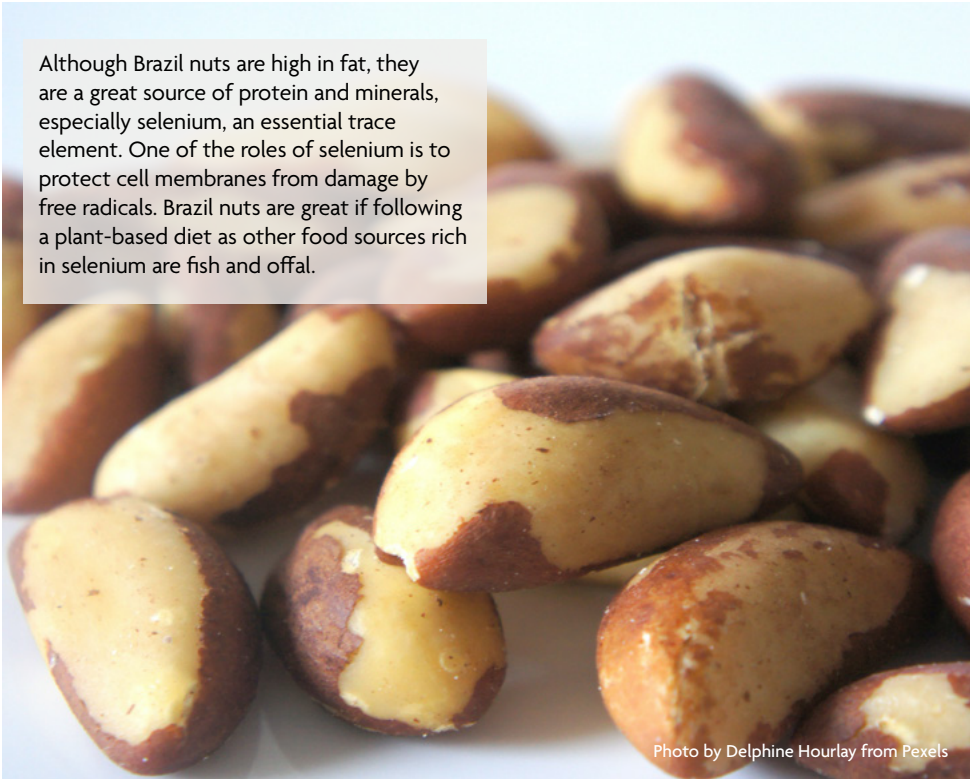


Photo by Delphine Hourlay from Pexels

4 Brazil nuts contain:

Energy 90kcal	Fat 8.9g	Saturates 2.3g	Sugars 0.3g	Salt 0g	Protein 2.1g	Carbs 0.3g	Fibre 0.56g
4%	13%	11%	0%	0%	4%	<1%	-

% of an adult's reference intake

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