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A Handful of Nuts has 292 ratings and 32 reviews. Mallika said: Ruskin Bond always gets me. Pleasant read about friendship and a young writer's life in D...

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All fruits, vegetables, nuts and mushrooms get 4-5 stars out of five stars in the new Health Star Rating system, indicating they are essential every day foods.

2+5 - Nuts For Life

Some experts recommending you eat a handful of nuts per day. But do they really mean eat a handful of nuts or 1 or 2 ounces?

Eat a Handful of Nuts Per Day -Italian Mediterranean Diet

Nuts can be part of a healthy diet to maintain or even lose weight, as long as your overall kilojoule intake does not increase. Eating a handful of nuts as a substitute for less healthy foods such as muffins, biscuits, cakes, chips, chocolate and so on. Can I eat nuts in a Mediterranean diet?

NUTS AND HEALTH - Nutrition Australia

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To your health: The benefits of a handful of nuts

A Handful of Nuts by Ruskin Bond is based on friendship and other issues that take place in early age while growing in a small town of India.

Book Review: A Handful of Nuts by Ruskin Bond

Eating a handful of nuts a couple of times a week can cut the risk of heart disease by almost a quarter, research has shown.

Eating a handful of nuts twice a week can slash the risk

Sprinkle chopped nuts or seeds into hot or cold cereal in the morning. Have a handful of roasted or raw mixed nuts and seeds as a snack instead of chips. Try a handful of mixed nuts and seeds and a piece of fruit in place of cookies or candy bars. Include nuts on a large salad meal at lunch instead of added cheese.

The Benefit of Nuts and Seeds - UW Health

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have you had a healthy handful of nuts today? paul west's pumpkin, pistachios and chickpeas with yogurt, mint and slivered almonds serves 4 ingredients

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