

HAZELNUT





www.baharrahkar.com

BENEFITS OF HAZELNUT

Hazelnuts are highly nutritious and are a good source of healthy fats, antioxidants, and a variety of vitamins, making them an ideal snack for those on a healthy diet. The good fats of these nuts play an effective role in supporting heart health and reducing the risk of cardiovascular diseases. This nut is a good source of vitamins such as E, B6, and folate. Vitamin E is a powerful antioxidant that helps protect cells from free radical damage. Also, vitamin B6 and folate are necessary for brain work and red blood cell production.

The combination of healthy fats, fiber, and protein in Turkish hazelnuts will keep you full for hours and reduce the possibility of overeating. Therefore, despite being high in calories, it is useful for weight control.

