WHY PROMOTE CALIFORNIA WALNUTS?

1. **Grounded in Research**
   For more than 30 years, the California Walnut Commission has supported scientific research on consumption of walnuts and a variety of positive health outcomes.

2. **Good Fats**
   Unique among nuts, walnuts contain the highest amount of the essential plant-based omega-3 alpha-linolenic acid (ALA) with 2.5 grams per ounce.

3. **Grown in the U.S.A.**
   More than 99% of the walnuts in the United States of America are grown in the fertile soils of California’s Central Valley.

4. **Goodness in a Nutshell**
   One ounce of walnuts is a powerhouse of important nutrients for optimum health, including 4g of protein, 2g of fiber and a good source of magnesium (45mg).

5. **Heart-Healthy**
   Walnuts are certified heart-healthy* by the American Heart Association with the Heart-Check mark.

6. **Sustainably Grown**
   California walnuts have a 150-year history of productive harvests, and many farms have a long, multi-generational heritage. Our longevity has been achieved through a dedication on the part of walnut growers and handlers to sustainable practices.

7. **Cooking**
   Walnuts are a versatile nut with a flavor profile that pairs with a variety of seasonal foods; they can be included in meals any time of year.

8. **Simple Swaps**
   As a nutrient-dense food, walnuts can be eaten in place of less healthy choices to improve overall diet quality.

9. **Wellness**
   Walnuts are a whole food contributing many beneficial nutrients that support overall wellness from head to toe including the heart, brain and gut.

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 oz. (28g/about ¼ cup)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>190</td>
</tr>
<tr>
<td>Total Fat</td>
<td>18g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>13g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>30mg</td>
</tr>
<tr>
<td>Iron</td>
<td>0.8mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>130mg</td>
</tr>
</tbody>
</table>

*The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*California walnuts are certified by the American Heart Association. Heart-Check certification does not apply to recipes, research or information unless expressly stated. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake may reduce the risk of coronary heart disease.
HOW TO USE THIS TOOLKIT

As a retail dietitian, you are the trusted health and nutrition resource to shoppers and have the unique opportunity to influence dietary habits and purchasing decisions. The California Walnut Board recognizes the importance of your role and is interested in partnering throughout the year. While the health benefits of walnuts fit into many monthly nutrition topics, ranging from a solution for eating better in the New Year to seasonal recipes for holiday entertaining, we understand each retailer has its set calendar, so inside you’ll find priority topics for California walnuts. Each topic includes relevant information that is intended to support all aspects of your work – from in-store demos and seasonal promotions, to social media, TV interviews and community events. Make the most out of your toolkit by using these resources with your shoppers!

✓ SHOPPER AND MEDIA MESSAGES

Looking for information to share with your shoppers, during store tours, media interviews, or in blog posts and circulars? This section provides interesting facts, research findings and key takeaways on each topic.

✓ DOWNLOADABLE RESOURCES

California Walnuts has a wide variety of educational resources available for use. Each topic area spotlights a resource that can be downloaded and shared with your shoppers or used as a reference.

✓ SOCIAL MEDIA POSTS

Share the social media posts included within each topic or use as inspiration. Posts have links to recipes and resources that will keep your shoppers engaged and thinking differently about walnuts.

✓ SHOPPER-FRIENDLY RECIPES FOR RETAIL DIETITIANS

California Walnuts has an array of recipes that include simple ingredients and require only a few steps. Look at the shopper-friendly recipe collection on walnuts.org.

✓ RESEARCH IN A NUTSHELL

Staying current on research findings is time consuming. Allow us to translate the nutritional science for you. Explore the breadth of research on walnuts.org and gain access to published research abstracts.

TABLE OF CONTENTS

1 Plant-Forward Eating ................................................................. 6
2 American Heart Month .............................................................. 10
3 Simple Snacking .................................................................. 16
4 Produce Pairings ................................................................. 22
5 Walnut Information and Fun Facts ........................................ 28

Connect With Us

The California Walnut Board develops and implements national, regional and custom retail activations that your retailers can participate in. If interested in partnering with California Walnuts, please email retail@walnuts.org. For additional resources like recipes, images, downloadable materials, health research, videos and content for social media, please visit walnuts.org.
PLANT-FORWARD EATING

Plant-forward eating is becoming one of the most popular eating styles, for both health and environmental benefits. Compared to a typical American diet, a plant-forward philosophy is higher in unsaturated fats and fiber, both of which support better health. It can be more nutrient-dense, and contain more vitamins, minerals and phytonutrients, all which help to reduce risk for chronic disease. So, whether your customer is going full vegan or just stocking up on kale, eating more plants certainly has its benefits.

SHOPPER AND MEDIA MESSAGES

When you have the right ingredients on hand, making delicious plant-forward meals can be a fresh and fun adventure. Remember, plant-forward eating is not “all or nothing.” You don’t have to go meat-free to be more plant-forward. Here are a couple of key foods to keep on your shopping list that will help you make plant-forward meals:

Walnuts: Walnuts are the only nut that provides an excellent source of the plant-forward omega-3 ALA (2.5g/oz). It’s no wonder research has demonstrated their potential role in improving cognitive function, heart health, cancer, diabetes, weight, gut health and reproductive health. Grab a handful, or incorporate them into oatmeal and salads, or grind them into a meatless crumble for added benefits.

Quinoa, Brown Rice, Oatmeal: Whole grains including quinoa, brown rice and oatmeal are a base for success — literally, for any meal from breakfast to dinner. They offer a variety of beneficial nutrients like fiber, protein and vitamins to balance your plate and help keep you satisfied. Plan ahead and cook grains on Sunday to use them throughout the week or buy precooked frozen packages for an even simpler option.

Lentils: Get satisfying protein (9g per ½ cup) and fiber (8g per ½ cup) to promote a healthy digestive system. Tip: Pair lentils with other plant-based proteins like whole grains and walnuts.

In-Season Fruits & Veggies: The Dietary Guidelines for Americans recommends filling half your plate with fruits and vegetables. Choosing produce by season offers variety in color, flavor and texture, encouraging you to try new foods, all while packing a nutritious punch at each meal (plus, it’s often the cheaper way to go).

SOCIAL MEDIA

Think plant-forward eating is difficult? Think again! Start your meal with a soup or a simple salad. It ensures veggies will be featured and provides a good way of slowing down the meal pace, too. #plantforward #walnuts

Heard all the buzz about plant-forward eating but don’t know where to start? Start simple. Substitute or add chopped walnuts for meat in numerous dishes. The texture and savory taste make walnuts a satisfying meat substitute. #plantforward #walnuts

Walnuts are a simple but powerful ingredient that can enhance any meal or snack. Boost up your smoothie and shakes by blending in walnuts for a creamy, rich flavor. #plantforward #walnuts

DOWNLOADABLE RESOURCE

CRACKING THE BASICS OF plant-forward eating

SIMPLE IDEAS FOR NUTRITIOUS PLANT-FORWARD EATING WITH CALIFORNIA WALNUTS

Simple Ideas for Plant-Forward Eating
RESEARCH IN A NUTSHELL

As plant-forward patterns grow in popularity, so does the evidence supporting their role in optimizing health. Research has shown that swapping out saturated fats (animal fats like butter, cream and fat on meats) with unsaturated fats, especially polyunsaturated fats, has a positive impact on heart health.¹ ² In fact, the Dietary Guidelines for Americans recommends reducing saturated fat intake and in particular, shifting food choices from those high in saturated fats to those high in polyunsaturated fats.³ Unsaturated fats are found in foods such as walnuts, seeds, plant oils, avocados, and fatty fish like salmon, mackerel, herring, and sardines. In just a one-ounce handful, walnuts provide polyunsaturated fat (13g), offering an excellent source of alpha-linolenic acid (ALA), the plant-based form of omega-3 fatty acids (2.5g). Science continues to uncover the benefits of ALA.

REFERENCES


Heart-Check certification does not apply to research or information unless expressly stated.
Good news, many of the risk factors associated with heart disease can be controlled with dietary and lifestyle changes. The Dietary Guidelines for Americans recommends eating an overall healthy dietary pattern that emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy products, a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes and nuts, seeds and soy products, and oils.1 To make changes in your diet, start by eating fruits and vegetables at every meal, choose snacks and recipes with heart-healthy ingredients such as walnuts;2 learn to read food labels, and prepare more meals at home rather than eating out.

This February, join California Walnuts in celebrating American Heart Month by encouraging your shoppers to make simple changes to benefit their heart health for a lifetime.

**SHOPPER AND MEDIA MESSAGES**

You can take an active role in your health to prevent heart disease. While many factors contribute to heart disease, making sure you don’t smoke, eating a healthy diet and getting regular physical activity all promote good health habits to reduce your risk of heart disease. Be sure to take care of yourself by making changes that prevent heart disease. Here are a couple of tips:

**Know Your Risk Factors and Be Screened:** There are various risk factors that may increase one’s chances of getting heart disease. While certain risk factors such as age and family history can’t be controlled, others can be managed. These include high blood pressure, high cholesterol, diabetes and smoking.

**Be Active:** Regular physical activity lowers your risk of heart disease. Choose activities you like to do and aim for 30 minutes of daily exercise.

**Follow a Heart-Healthy Diet:** Look for food items with the American Heart Association Heart-Check mark on them. More than 1,000 products carry the Heart-Check mark – it’s almost in every aisle!

> AHA has certified walnuts as a heart-healthy food through its “Heart-Check mark” program.

> More than 30 years of research supports walnuts for heart health, including helping to maintain healthy cholesterol levels and decrease blood pressure, two of the major risk factors for heart disease.3,4

---

Heart-Check certification does not apply to research or information unless expressly stated.
SHOPER-FRIENDLY RECIPE

We are celebrating American Heart Month! These Herbed Cheese and Walnut Stuffed Mini Peppers are an easy make-ahead snack to keep your shoppers fueled all day.

Herbed Cheese & Walnut Stuffed Mini Peppers

RESEARCH IN A NUTSHELL

Since 1993, published research has been exploring how eating walnuts affects various factors related to heart health such as cholesterol, blood pressure, inflammation and blood vessel function. Eating walnuts as part of a healthy diet may decrease your risk of heart disease, the leading cause of death globally. Research supporting the role of walnuts in heart health began with a Loma Linda University study, showing that eating walnuts may help reduce total and LDL cholesterol in men by as much as 12% and 16%, respectively. Larger and longer-term studies, as well as studies in more diverse populations, are needed to clarify population-wide effects. The amount of walnuts consumed in this trial (3oz per day) might be difficult to maintain in a non-research setting.

According to a review paper published in The Journal of Nutrition, consuming walnuts may have a positive impact on heart health by playing a beneficial role in cholesterol, blood pressure, endothelial function, oxidative stress, inflammation and plaque formation. The results of this study suggest an association between walnut consumption and heart health benefits based on evidence from existing research; they do not show a cause and effect relationship.

Walnuts are also a rich source of essential alpha-linolenic acid (ALA) which is the plant-based omega-3 fatty acid. Walnuts contain 2.5 grams of ALA per ounce. Research has found that omega-3 fatty acids may decrease the inflammatory marker C-reactive protein (CRP) in those with high cholesterol. Inflammation plays a major role in the development of atherosclerosis. A randomized controlled trial published in the Journal of the American College of Cardiology (2020) found that people in their 60s and 70s who regularly consume walnuts may have reduced inflammation, a factor associated with lower risk of heart disease, compared to those who do not eat walnuts. The research was part of the Walnuts and Healthy Aging (WAHA) study – the largest and longest trial to date exploring the benefits of daily walnut consumption.

Finally, when eaten as part of a Mediterranean dietary pattern (a diet rich in fish, vegetables, fruits, whole grains, olive oil and nuts, legumes and beans) walnuts may lower risk of both heart disease and stroke. A recent study shows that, among persons at high cardiovascular risk, a Mediterranean diet supplemented with mixed tree nuts (50% walnuts, 25% almonds, 25% hazelnuts) was associated with a lower risk of cardiovascular events, including cardiovascular death, myocardial infarction (heart attack) and stroke, when compared to a low fat control diet. A recent observational study published in the Journal of the American College of Cardiology found that regular consumption of foods rich in omega-3 eicosapentaenoic acid (EPA), found in marine foods like fatty fish, and alpha-linolenic acid (ALA), found in plant foods like walnuts, was associated with improved outcomes in individuals who suffered a heart attack, including decreased risk of death. More research is needed to clarify the health benefits in other populations. Additionally, it is difficult to precisely define what part of the Mediterranean diet was associated with cardiovascular benefits.

REFERENCES

2 FDA approved claim: Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. U.S. Food and Drug Administration, March 2004. One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat, including 2.5g of alpha-linolenic acid, the plant-based omega-3.
3 SIMPLE SNACKING

Snacking remains important. And while habits continue to evolve, it is known that Americans will always snack, but what might shift is what the motivators are – taste, health, convenience or price. In the past, while consumers want snacks with clean labels and whole-food ingredients, they aren’t willing to give up convenience or portability.

Snacking is the top way walnuts are consumed. This is despite the fact that walnuts aren’t prevalent in the snack section! With no signs of slowing in the snack category, and walnuts beginning to get distribution in the snack aisle, we can expect the number of consumers snacking on walnuts to grow in coming years.

SHOPPER AND MEDIA MESSAGES

Snacking will always be popular. But is that a good thing or bad thing when it comes to health? The truth is it depends on how you do it.

It is important to plan ahead so your snacks are well balanced. Putting some thought behind your snack choices can help you feel your best. In order to plan ahead it helps to understand what type of snacker you are, so your snacks satisfy your cravings and help fill any nutrient gaps in your diet. Did you know that our snacking preferences are rooted in our DNA? 62% of snackers eat to satisfy a craving. Researchers say that genetics determine how sensitive we are to certain flavors and why some people are predisposed to flavor preferences. Are you Team Sweet or Team Savory?

Use the following tips to enjoy snacks that leave you feeling energized and ready to conquer the day.

Protein on the Go: The best way to keep energy levels up is to fill up on protein and fiber. This combination will keep you nourished for hours. Try:

- Homemade trail mix with whole-grain cereal, walnuts, seeds and dried fruit. This trail mix satisfies both salty and sweet cravings.
- Hard-boiled eggs
- Cheese cubes

Keep It Fresh: Fruits and veggies are ideal choices for snacks. Make them more exciting by pairing with nutrient-dense foods. Try:

- Simple plant-based protein box. Toasted walnuts, hummus and roasted chickpeas offer filling protein and good fats, while fresh carrot chips, bell pepper strips and sliced cucumbers are perfect for dipping.

SHOPPER-FRIENDLY RECIPE

Fuel your day with these easy, no-bake energy balls. Made with six simple ingredients and perfect for on-the-go snacking! Bonus: they are easy to assemble in 20 minutes!

Maple Walnut Energy Balls
**RESEARCH IN A NUTSHEL**

Most Americans fall short on fruit, vegetable, dairy, good fats, seafood and whole grain servings, and few meet the recommendation to eat five ounces of nuts per week. Snacks are a great way to fill the gap. So it’s not about cutting back, but rather choosing healthier options. Walnuts can be eaten as part of a healthy diet that won’t contribute to weight gain or hinder weight-loss goals. There are specific hormones and areas of the brain that tell the body if it’s hungry or full, which play a role in body weight. Research investigating appetite hormones and using novel brain imaging technology to explore neurological responses to food cues shows promise for walnuts’ potential role in appetite control. Research published in *Nutrition* showed that healthy, young adults (millennials ages 18-35) who regularly consume foods that contain polyunsaturated fats (PUFA), like walnuts, may experience favorable changes in appetite hormones associated with hunger and satiety. Participants who consumed a PUFA-rich diet had a significant decrease in fasting ghrelin, a hormone that increases hunger, and a significant increase in peptide YY (PYY), a hormone that increases fullness or satiety. These hormone changes could help with better appetite control. Larger and longer-term studies are needed to understand population-wide effects, and it is difficult to know if the hormone changes in this study were due to a specific type of PUFA, food or a combination of overall dietary factors. Information on diet intake may have been limited because participants were free-living and data was self-reported.

**REFERENCES**

California Walnuts has partnered with The Produce for Better Health Foundation’s Powerful Produce Pairings program, which pairs fresh fruits and vegetables with other nutrient-rich products — including other produce items, whole grains, seeds and nuts, low-fat dairy and/or lean protein — to create meal and snack solution promotions for retail shoppers. Showcasing walnuts paired with other nutrient-rich produce shows shoppers new ways to mix and match food items and is a proven tactic to help drive sales. It is also a way to educate shoppers about food synergies as well as promote seasonal produce. This activation can be customized to meet your retailer’s needs and can happen year-round.

**SHOPPER AND MEDIA MESSAGES**

When following the Healthy US-Style Food Pattern (2,000 cal/day), did you know the USDA recommends to eat five ounces of nuts each week? That’s right. Nuts offer good fats, protein, fiber and other essential nutrients. They’re a great way to add flavor, crunch and nutritious goodness to all kinds of meals and snacks. They are also perfect for pairing with other foods that most Americans fail to get enough of, such as vegetables, fruit, seafood and low-fat dairy. Try some of these power pairings with walnuts:

- **Walnuts + Vegetables:** Add walnuts to salads in place of croutons and mix with roasted vegetables for added crunch.
- **Walnuts + Fruit + Whole Grains:** Combine walnuts, puffed whole-grain cereal and dried fruit for a trail mix or top oatmeal with walnuts and fresh berries.
- **Walnuts + Low-Fat Dairy:** From yogurt parfaits to power bowls to smoothies and beyond — the possibilities are endless for this duo.
- **Walnuts + Seafood:** Coating fish with walnuts and baking it is an easy, foolproof way to cook it elegantly. Give it a try!

Peanut butter and jelly, tomato and basil, wine and cheese — some foods were simply made for each other. But did you know that pairing certain fruits, vegetables and produce together can actually make your meal more nutritious? With the right powerful combo, you won’t just enjoy your meal more, you’ll take in more vitamins and minerals too!

- Black beans and rice are oh, so nice. When certain foods like beans and rice or walnuts and whole grains are paired together at a meal (or even eaten separately but over the course of the day), they supply what’s called a complete protein. Try this winning combo: [Walnut Taco Bowl](#)

- Spinach and strawberries — and add walnuts and goat cheese to enjoy as a salad. When you pair vitamin C-rich foods like strawberries with foods that contain iron like spinach, the body can absorb more iron.$^2$^3$

Heart-Check certification does not apply to research or information unless expressly stated.

**SOCIAL MEDIA**

Walnuts are a versatile nut that pairs beautifully with seasonal foods. Jump into fall with this harvest salad. Spinach + pomegranate seeds + pears + candied California walnuts. #SeasonalProduce #ProducePairings #CAwalnuts #haveaplant

Looking for the perfect summer dessert? Look no further - these grilled peaches are perfect to enjoy after a sun-filled day. The grill naturally caramelizes the peaches, and the toasted walnuts offer a welcome crunch. #ProducePairing #PowerPairing #SeasonalProduce #haveaplant #CAwalnuts

Some foods were simply made for each other. What is your go-to walnut pairing? #PowerPairing #CAwalnuts

**DOWNLOADABLE RESOURCE**

[Anatomy of a Grain Bowl](#)

Dr. Wendy Bazilian’s Anatomy of a Grain Bowl
SHOPPER-FRIENDLY RECIPE

Pair walnuts with cinnamon apples. Your shoppers will be dipping for more! Made with five simple ingredients and can be ready in 10 minutes!

**Cinnamon Apples with Yogurt and Walnut Graham Dipper**

RESEARCH IN A NUTSHELL

There are various forms of plant-forward eating patterns. One that is significantly researched is the Mediterranean diet, which emphasizes more fruits and vegetables, nuts and seeds (including walnuts), grains, olive oil, moderate amounts of fish, poultry, eggs and wine, and limits the amounts of red meat, processed meat, dairy and sweets. The Dietary Guidelines for Americans recommends a Mediterranean-style eating pattern as one example of a healthy diet plan. A Mediterranean diet including tree nuts, primarily walnuts, was associated with a 30% lower risk of cardiovascular events, and specifically a 46% lower risk of stroke, when compared to a low-fat diet. Research supports the nutritional benefits of consuming walnuts as part of a healthy dietary pattern.

REFERENCES


Heart-Check certification does not apply to research or information unless expressly stated.
5 WALNUT INFORMATION & FUN FACTS

Walnuts are a versatile nut. With a flavor profile that pairs beautifully with a variety of seasonal foods, both sweet and savory, they can be eaten alone or included in meals any time of the year. In addition, walnuts have been researched for their potential role in a variety of health outcomes, including cognitive function, heart health, cancer, weight, diabetes, gut health and reproductive health.

For these reasons, walnuts deserve attention all year. If the highlighted topics do not align with your retailer, and you still would like to promote the goodness of walnuts – here are a couple of fun facts.

SHOPPER AND MEDIA MESSAGES - DID YOU KNOW?

National Walnut Day is May 17

More than 99% of walnuts grown in the United States come from California’s 380,000 bearing acres of walnut

Walnut shells are used in soaps, scrubs, jewelry polishers and more

One ounce of walnuts offers four grams of protein and two grams of fiber, and is a good source of magnesium (10% DV)

A daily serving of walnuts is:

- 1 ounce
- ¼ cup
- 12-14 halves
- 1 handful

Walnuts are recognized as the oldest tree food known to man, about 7000 B.C.

Walnuts grow on trees in a brown shell covered by a green hull

Social Media

It is #NationalWalnutDay! What is your favorite way to enjoy these delicious nuts? For some tasty and nutritious recipes, visit (your website or walnuts.org) #CAwalnuts

DYK? The best way to store walnuts is in the refrigerator if you’re planning to use them right away. If you don’t plan to use them for a month or longer, put them in an airtight container in the freezer. #newfact #learnsomethingnew #CAwalnuts

Downloadable Resource

Mixed Berry Walnut Chia Smoothie

Health Professional Resource Guide

Shopper-Friendly Recipe

Cheers! It is #NationalWalnutDay! Offer this refreshing smoothie to your shoppers on May 17!
Cancer
Preliminary research has been investigating the potential benefit walnuts may have on a variety of cancers including breast, prostate and colorectal.

Cognitive Function
Scientific evidence suggests that including walnuts as part of a healthy diet may play a role in helping to maintain and improve physical and cognitive health as people age.

Diabetes
Research demonstrates the importance of walnuts as part of a healthy diet to help manage complications associated with diabetes and metabolic syndrome.

Gut Health
Emerging research suggests walnuts may contribute to gut health due to their prebiotic potential and possible role in a variety of associated health benefits.

Heart Health
Since 1993, published research has been investigating how eating walnuts affects various heart health biomarkers and risk markers.

Reproductive Health
Research has provided encouraging results regarding the potential role of walnuts in male reproductive health.

Weight
A growing body of research highlights how plant-based foods such as walnuts may help reduce the risk of chronic disease and be beneficial for overall health, without contributing to weight gain.

Roasted Red Pepper and Walnut Hummus