

The Daily Walnut Plan

For anyone who wants one simple, well-studied food habit that helps fight inflammation and protect the heart, without the hype.

✓ CHECKED AGAINST CLEVELAND CLINIC AND HARVARD

1

One ounce

About a handful, 12 to 14 halves, or a quarter cup.

2

2.5 grams of ALA

The plant omega-3 packed into a single serving.

3

Swap, do not add

Eat walnuts instead of chips, not on top of them.

1. Make It One Ounce

One serving is a palmful.

WHY THIS WORKS

Cleveland Clinic puts a serving at about 1 ounce, 12 to 14 walnut halves, roughly the amount that fits in your palm, carrying about 2.5 grams of the plant omega-3 ALA.

SOURCE: CLEVELAND CLINIC, HEALTH BENEFITS OF WALNUTS

DO THIS WEEK

- ☐ Measure one serving once so you know the size
- ☐ Choose raw, unsalted walnuts
- ☐ Keep it to one serving on most days

2. Swap, Do Not Add

Walnuts help most when they replace something.

WHY THIS WORKS

Harvard notes a handful of walnuts is about 185 calories, so eat them instead of chips or a less healthy snack. In trials, walnut eaters lowered harmful blood lipids without gaining weight.

SOURCE: HARVARD HEALTH, WALNUTS

DO THIS WEEK

- ☐ Replace an afternoon snack with walnuts
- ☐ Skip candied or heavily salted versions
- ☐ Mind the portion if weight is a concern

3. Put Them Where You Already Eat

Habits beat willpower.

WHY THIS WORKS

Cleveland Clinic suggests sprinkling walnuts onto oatmeal, yogurt, or salads. Harvard cohorts found the biggest benefit in people eating a handful of nuts 5 or more times a week.

SOURCE: HARVARD NUTRITION SOURCE, NUTS FOR THE HEART

DO THIS WEEK

- ☐ Add walnuts to breakfast oats or yogurt
- ☐ Toss them into a lunch salad
- ☐ Aim for 5 or more days a week

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Health Benefits of Walnuts · <https://health.clevelandclinic.org/health-benefits-of-walnuts>

Harvard Health, Walnuts: A worthy addition to your daily diet · <https://www.health.harvard.edu/blog/walnuts-a-worthy-addition-to-your-daily-diet-202111172640>

Harvard Nutrition Source, Nuts for the Heart · <https://nutritionsource.hsph.harvard.edu/nuts-for-the-heart/>

