

## Here's how walnuts may help with yoga goals on International Yoga Day

Monday, 21 June, 2021

NaazninHusein

With the world trying its hands at yoga on the occasion of International Yoga Day, it is only natural that you are motivated to go for a session or two of this ancient form of exercise. Or maybe, you are already into your nth session of yoga.

No matter which group you fit into, here's some crucial information that you need to know: exercise and a nutritious diet go hand in hand for a healthy body. When and what you eat plays a role in how you feel when you exercise, whether it's yoga or any other form of exercise. And you can't just practice one of the two and think you'll be able to achieve your health goals.

Food provides energy for working out, and hence, making small but impactful changes - basically, nutrient-rich foods - in your daily diet is important for overall health. Rich in essential nutrients, walnuts are a good way to start.

Walnuts are an effective superfood that boasts several beneficial nutrients to support heart, brain, and gut health. It is advised to consume at least seven walnuts (12-14 halves/28g) which equals to a handful. A handful of walnuts contain 4g protein, 2g fiber, and 2.5g plant-based omega-3 ALA.

Walnuts contain good fats (13g/oz polyunsaturated fat and 2.5g/oz monounsaturated fat) that are an important part of a healthy diet. Although walnuts contain dietary fat, they won't necessarily make you gain body fat. There is no negative effect of walnuts on body weight and body composition. On the contrary, walnuts may play an important role in achieving ideal body weight when consumed as part of a healthy diet. The omega-3 and other essential nutrients present in walnuts help suppress hunger and make you feel satiated for a longer period, and these appetite-control powers help promote weight management.

These wonder nuts help maintain optimal immune function and good health, which is

key amid the Covid-19 pandemic that we're facing. And hence, even the Food Safety and Standards Authority of India (FSSAI), Eating Right During Covid-19 guidelines has listed walnuts for their immunity-boosting benefits.

Weight management and immunity aside, eating nutritious foods such as walnuts accompanied by regular exercise can also boost your energy levels and may help a person feel much better mentally, physically, and emotionally.

So, this International Yoga Day onwards, fuel your health goals with this enriching combination of walnuts and yoga.

*(The author is, renowned nutritionist, yoga consultant, and founder of Freedom Wellness Management)*