



## are they good for children? what about nut allergies?

About one per cent of the population is allergic to nuts. Some may be allergic to only tree nuts and not peanuts, and vice versa, but some can be allergic to both. These are serious allergies and those affected need to take the appropriate precautions. Increased awareness and education surrounding allergies has helped businesses like David Roberts to redirect their focus away from the school setting, while still encouraging consumers to derive the many health benefits nuts can provide.

Parents of young children need to be cautious, even if the threat of allergies is not present. "Nuts are considered to be a choking hazard for young children so I wouldn't use them as a snack until past age three to four (as recommended by the Canadian Pediatric Society). Nuts are a much healthier snack for children than fat laden potato chips and cheezies," confirms Pillo-Blocka.

So remember, nuts are an excellent protein source and should be considered as a healthy alternative when reaching for a late night snack or energy boost during the day. Your heart will thank you.

## easy ways to get more nuts into your diet

- Sprinkle your salads with walnuts or almonds
- Add peanuts or cashews to your stir fry
- Top your cereal with almonds
- Eat trail mix as a healthy snack
- Put out bowls of peanuts instead of potato chips for snacks



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