

# HAZELNUTS

**BY 3RD GRADE STUDENT MILA**

**A huge hazel tree has been growing on the fence of my family home for several years. Every autumn it produces many hazelnuts.**



## **Hazelnut properties and benefits**

- **Hazelnuts are very rich in monounsaturated fatty acids (oleic acid), vitamin E, phytosterols and polyphenols. These are important nutrients against cardiovascular disease as they help reduce levels of cholesterol in the blood and keep blood pressure down.**
- **Although they are high in calories, they are loaded with nutrients and healthy fats.**
- **Hazelnuts' high concentration of antioxidant compounds, vitamins and minerals could give them some anti-cancer properties.**
- **Eating nuts has been shown to protect the heart.**
- **Hazelnuts can be incorporated into the diet as a healthy snack or as an ingredient in many dishes.**



**Hazelnuts are also packed with the following key nutrients:**

- o **Vitamin E**
- o **Thiamin**
- o **Magnesium**
- o **Copper**
- o **Manganese**
- o **Vitamin B6**
- o **Folate**
- o **Phosphorus**
- o **Potassium**
- o **Zinc**



## **Fun and interesting facts about hazelnuts:**

- **The plants range from 3 to 36 meters (10 to 120 feet) in height.**
- **Hazelnut trees can produce until over 80 years of age.**
- **There are 628 calories in 100 grams of hazelnuts.**
- **Hazelnuts contain 50-60% fat, 15-20% protein and slightly more than 10% water.**
- **Hazelnut is popular as a coffee flavoring, especially in the form of hazelnut latte.**
- **June 1st is National Hazelnut Cake Day.**
- **In ancient Roman times, it was custom to donate hazel plants to bring happiness.**
- **The fruit is a nut, produced in clusters of one to five together, each nut held in a short leafy involucre ("husk") which encloses about three quarters of the nut.**
- **Hazelnuts can be found whole, sliced, ground, raw or roasted. They are commonly eaten as a snack or added to baked goods and other dishes. It's best to eat them with the skin on.**

