

Fire in your belly

Brazil nuts are both a hearty appetizer and an excellent fire starter. Their oily meat burns like candle wax, and they're packed with enough calories (190 per ounce) to kick-start your trail mix.



HEARTWISE SNACKS

Adding walnuts to your gorp could save your life. That's the message from a recent study out of Barcelona, Spain, which shows that the nuts can reduce the damage done by the artery-clogging fats found in your cold-cut lunches. Researchers fed 24 adults two meals of salami-and-cheese sandwiches and yogurt, spaced one week apart. Half the participants ate 8 walnuts with the first week's meal, while the other half received 5 teaspoons of olive oil. The second week, the groups swapped additives. When the subjects' arteries were tested for elasticity and flexibility 4 hours after the meals, the walnut eaters scored significantly better. Researchers think the alpha-linolenic acid in walnuts, a type of omega-3 fatty acid, protects the arteries from short-term hardening caused by high-fat foods.