



walnut

4/20/2024

608-238-6001 [TEL]

greg@cruisingreview.com [Email]

Cruising Review

Walnut: Publications and Research from SwissMixIt



This webpage QR code

Structured Data

```

<script type= "application/ld+json">
  { "@context": "http://schema.org",
    "@graph": [
      {
        "@type": "Organization",
        "@id": "https://cruisingreview.com/#organization",
        "name": "Cruising Review",
        "url": "https://cruisingreview.com",
        "sameAs": [
          "https://www.youtube.com/channel/UC7gOvLwxt8MtYt3ExzAZJQ",
          "https://www.instagram.com/pepe.g6" ],
        "telephone": "608-238-6001",
        "email": "greg@cruisingreview.com",
        "logo": "https://cruisingreview.com/logo.png"
      },
      {
        "@type": "WebSite",
        "@id": "https://cruisingreview.com",
        "url": "https://cruisingreview.com",
        "name": "Walnut: Publications and Research from SwissMixIt ",
        "description": "Walnuts are the nut of any tree of the genus Juglans (Family Juglandaceae), particularly the Persian or English walnut, Juglans regia. A walnut is the edible seed of a drupe, and thus not a true botanical nut. It is commonly consumed as a nut. After full ripening for its edible seed when the shell has been discarded, it is used as a garnish or a snack. Nuts of the eastern black walnut (Juglans nigra) and butternuts (Juglans cinerea) are less commonly consumed. They are round, single-seeded stone fruits that grow from the walnut tree. They are a good source of healthful fats, protein, and fiber. They may enhance heart and bone health and help in weight management, among other benefits."
      },
      {
        "@type": "NewsArticle",
        "mainEntityOfPage": {
          "@type": "WebPage",
          "@id": "https://cruisingreview.com/smx/walnut.html" },
        "headline": "Walnut: Publications and Research from SwissMixIt ",
        "image": "https://cruisingreview.com/images/",
        "datePublished": "2024-04-20T08:00:00+08:00",
        "dateModified": "2024-04-20T09:20:00+08:00",
        "author": {
          "@type": "Organization",
          "name": "Cruising Review",
          "url": "https://cruisingreview.com"
        },
        "publisher": {
          "@type": "Organization",
          "name": "Cruising Review",
          "logo": {
            "@type": "ImageObject",
            "url": "https://cruisingreview.com/logo.png"
          }
        }
      }
    ]
  }
}</script>

```

Walnuts are the nut of any tree of the genus *Juglans* (Family Juglandaceae), particularly the Persian or English walnut, *Juglans regia*. A walnut is the edible seed of a drupe, and thus not a true botanical nut. It is commonly consumed as a nut. After full ripening for its edible seed when the shell has been discarded, it is used as a garnish or a snack. Nuts of the eastern black walnut (*Juglans nigra*) and butternuts (*Juglans cinerea*) are less commonly consumed. They are round, single-seeded stone fruits that grow from the walnut tree. They are a good source of healthful fats, protein, and fiber. They may enhance heart and bone health and help in weight management, among other benefits.

PDF Version of the webpage (first pages)

Walnut Botanical Information

Walnuts are the nut of any tree of the genus *Juglans* (Family Juglandaceae), particularly the Persian or English walnut, *Juglans regia*.

A walnut is the edible seed of a drupe, and thus not a true botanical nut. It is commonly consumed as a nut.

After full ripening for its edible seed when the shell has been discarded, it is used as a garnish or a snack.

Nuts of the eastern black walnut (*Juglans nigra*) and butternuts (*Juglans cinerea*) are less commonly consumed. They are round, single-seeded stone fruits that grow from the walnut tree.

They are a good source of healthful fats, protein, and fiber. They may enhance heart and bone health and help in weight management, among other benefits.

Keywords: walnuts, collagen, anticancer, antioxidant, Alzheimer's disease, amyloid beta protein, dementia, depression, oxidative stress, inflammation, mild cognitive impairment, nutrition, walnuts, randomized controlled trial, RCT, walnuts, males, mood, walnuts, omega-3 fatty acids, lipid metabolites, inflammation, Inflammatory Bowel Disease, ulcerative colitis, walnut, maturity, antioxidant properties, polyphenols, tocop
