



walnut

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Cruising Review

Walnut: Publications and Research from
SwissMixIt

Structured Data



This webpage QR code

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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)

<https://cruisingreview.com/smx/walnut.html>

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
