

A MARTHA STEWART PUBLICATION

+ WINTER WELLNESS GUIDE 25 SIMPLE STRATEGIES FOR STAYING WELL ALL YEAR
TAKE THE PLUNGE: SCANDINAVIAN SECRETS FOR VIBRANT HEALTH AND GLOWING SKIN

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STEALTH HEALTH

Get Cracking

You may already be reaching for nuts between cocktails, but these treats (full of protein, fiber, and healthy fats) bring a lot more to the party. Check out the health credentials of your favorites, then find a new way to work them into your winter routine. BY RACHEL MELTZER WARREN, R.D.

Almonds

23 per 1 oz serving, 160 calories

THE SCOOP They're high in the B vitamin riboflavin, vitamin E, an anti-aging antioxidant, and magnesium. Actually the seed of a fuzzy, inedible fruit, almonds are rich in powerful compounds that may help your body fight bacteria and prevent oxidation that can lead to heart disease.

CREATIVE USES Chopped, slivered, or sliced, almonds are a satisfying addition to seafood, pasta, and whole-grain dishes. Experiment using almond flour to bake gluten-free goods.

Hazelnuts

20 per 1 oz serving, 180 calories

THE SCOOP The slightly bitter skin of these nuts, also called filberts, is chock-full of proanthocyanidins, compounds that may help strengthen blood vessels, reduce heart disease risk, and boost brain health.

CREATIVE USES Toss with arugula, fig segments, and balsamic vinaigrette. Add roughly chopped nuts to squash and hearty grains, like farro or brown rice. Strew them atop oatmeal with dried cherries.

Peanuts

28 per 1 oz serving, 170 calories

THE SCOOP Technically a legume, they're rich in folate (which helps produce and maintain new cells), oleic acid, and resveratrol, the heart-healthy antioxidant found in red wine and dark chocolate. If you boil peanuts in the shell, cup for cup, you'll get more resveratrol than in raw ones or peanut butter, in amounts comparable to a 5-ounce glass of red wine.

CREATIVE USES Drizzle a handful with melted dark chocolate and refrigerate until firm for a healthy dessert. Add shelled nuts to stir-fries and rice dishes.

Pecans

20 halves per 1 oz serving, 200 calories

THE SCOOP They boast an ORAC score (a measure of antioxidant capacity) higher than even wild blueberries. Plus, regular servings may help delay age-related cognitive decline, according to a study from University of Massachusetts Lowell.

CREATIVE USES Sprinkle these buttery nuts on yogurt with honey and pears, toss them with cayenne and rosemary to eat out of hand, and add them to sautéed Swiss chard or kale.

Pistachios

49 per 1 oz serving, 160 calories

THE SCOOP Pistachios get their greenish hue from chlorophyll, the same compound that gives leaves their green color. They're high in blood pressure-lowering potassium (go for unsalted; salt counteracts potassium's effects), and may reduce the body's response to stress.

CREATIVE USES Enjoy with pasta or bulgur—these nuts can help offset the blood sugar spikes carbs can cause, suggests data from the *European Journal of Clinical Nutrition*. Use them to add sophistication to desserts: Bake them in cookies or sprinkle on coconut ice cream.

Walnuts

4 halves per 1 oz serving, 190 calories

THE SCOOP This is the only nut—and one of the few foods—to deliver a significant amount of alpha-linolenic acid (ALA), an omega-3 that boosts cognitive function. They're also high in disease-fighting gamma-tocopherol, a type of vitamin E.

CREATIVE USES For an extra protein shot, add chopped walnuts to guacamole or mix into Greek yogurt for a spread. Swap walnut oil for olive oil and blend into pestos and dressings, or toss with pasta.