Benefits of pine nuts, nuts with many properties

**Pine nuts are nuts with many benefits and properties, both nutritional and medicinal, curative and preventive. We will discover the most important ones for you.**

The **pine nuts** are the **seeds of the pines**, which in fact come from various species of pine, which we find inside a woody sheath, located on the underside of the pine cone scales, and are the main ones in charge of propagating the species from a botanical point of view. Although depending on the continent in which we find ourselves, the pine species that produce edible pine nuts are different, with regard to Europe they come from the *Pinus Pinea* , while those found mainly in Chile and southern Argentina belong to the tree *Araucaria araucana* .

With them you can make **pine nut oil**, which stands out because it contains around 90% monounsaturated and polyunsaturated fatty acids, and is commonly used in slimming and weight loss diets due to its great satiating power by being able to reduce the amount of calories consumed.

**Great nutritional wealth**

**Pine nuts are nuts extremely rich in essential nutrients**, especially the presence of **essential fatty acids**, among which we can mention omega-6 fatty acid and omega-3 fatty acid, essential to take care of our cardiovascular system and the health of our brain.

**They are very rich in vitamins**, especially vitamin E, an essential nutrient capable of strengthening our immune system and helping our body to naturally increase defenses, protect the heart and increase fertility. **It also provides minerals**, especially potassium, magnesium, zinc and iron.

**Good for cardiovascular health**

**In case of high cholesterol and triglyceride levels,** a regular consumption of pine nuts is a very suitable natural option, thanks to its richness in essential fatty acids, which help to reduce high levels of LDL (or bad) cholesterol and triglycerides, while increasing HDL (or good) cholesterol.

Due to their content of vitamin E and zinc (natural antioxidants), they **are interesting when it comes to taking care of our cardiovascular health and protecting our heart**.

**Wonderful source of fiber, useful in case of constipation**

**Pine nuts provide interesting amounts of fiber**. In fact, 1 handful of pine nuts provide around 1 gram of fiber, making it **an ideal food in case of constipation**, either as a preventive or as a natural treatment for its cure.

**They help to strengthen the immune system**

As we indicated previously, **pine nuts are very rich in vitamin E and zinc**, which is why they are ideal nuts when it comes to **strengthening our immune system in a totally natural way**.

A regular consumption of pine nuts is an excellent option when it comes to **increasing defenses**, so its consumption is suitable especially in times of change of season, especially both autumn and winter.

**Increase and improve fertility**

**Pine nuts are excellent nuts for couples who want to have children** , thanks to their richness in zinc, an essential nutrient essential for the proper functioning of sperm (as well as for its quality).