

Nuts may add years to people's lives

By Jenn Harris, Los Angeles Times

Eating nuts may help you live longer – and your best bet for a long life is to munch on them regularly, according to a Harvard University study published Thursday in the New England Journal of Medicine.

In the largest study of its kind, funded by the U.S. International Tree Nut Council Nutrition Research & Education Foundation and the U.S. National Institutes of Health, researchers followed 120,000 people for 30 years. They found the people who ate nuts regularly were less likely to die during the study.

Compared with people who didn't eat any nuts, people who ate a daily portion of nuts reduced the death rate by 20 percent over the course of the study. People who ate four portions of nuts a week were recorded as having a 13 percent reduction in the death rate.

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