

How Walnuts Benefit Your Children's Health



Enhances Cognitive Development



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Protects them from free radicals



Keeps children energetic



Promotes heart health



Keeps the gut healthy

References

- 1 Beneficial Effects of Walnuts on Cognition and Brain Health; NCBI
- 2 Health Benefits of Walnuts for Kids; National Child Development Council
- 3 The Effects of Walnuts and Academic Stress on Mental Health, General
- 4 Well-Being and the Gut Microbiota in a Sample of University Students: A Randomised Clinical Trial; MDPI