

Across

2. **COGNITION**—_ is a combination of mental processes that includes the ability to learn new things, intuition, judgment, language, and remembering.
5. **CALIFORNIA**—The state of _ has more than 4,600 walnut growers.
6. **HEALTH**—Eating a handful of walnuts daily can play an important part in improving your heart _.¹
10. **FIBER**—A serving of walnuts has two grams of _, which aids in satiety.²
13. **PROTEIN**—A handful of walnuts has four grams of plant-based _.²
14. **BRAIN**—The human _ is the center of the human nervous system.
15. **CRUNCH**—Including walnuts in your meals, adds a delightful _.
16. **ALPHA LINOLENIC**—_ acid is the plant-based source of essential omega-3 fatty acids.²
19. **OMEGA**—Walnuts are the only nut with a significant amount of alpha-linolenic (ALA), the plant-based source of _-3 fatty acids.²
21. **CONVENIENT**—Walnuts are a nutritious and _ snack choice.
22. **SATIETY**—Walnuts aid in _, a feeling of fullness.

Down

1. **UNIQUE**—_ among nuts, walnuts are the only nut comprised primarily of polyunsaturated fat.²
3. **OUNCE**—An _ of walnuts contains 10% of your daily value of magnesium (44.79 mg/oz) and phosphorus (98.09 mg/oz).
4. **ONE**—_ serving of walnuts is equal to a handful.
7. **MINERAL**—Walnuts contain magnesium (45 mg per ounce), a _ vital to energy production.
8. **RADICALS**—Walnuts may have the ability to protect the brain by quenching the age-related free _.³
9. **VERSATILE**—Walnuts are a _ ingredient that can be used in salads, entrées and other tasty dishes.
11. **MELATONIN**—Walnuts boost the body's _ levels, which can encourage restful sleep.⁴
12. **ANTIOXIDANT**—Walnuts are known for their high _ activity, which can help fight free radicals.²
16. **AGING**—Maintaining cognitive health is a vital part of healthy _.
17. **ENERGY**—Walnuts can help athletes of all levels maintain their _.
18. **SNACK**—Walnuts are a convenient and heart-healthy _ for people on the go.
20. **DIET**—Walnuts are a traditional component in the Mediterranean _.

¹ Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake may reduce the risk of coronary heart disease. U.S. Food and Drug Administration, March 2004.

² One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat, including 2.5 grams of alpha linolenic acid - the plant based omega-3; 2g of fiber; 4g of protein, 3.68mmol/28g of antioxidants.

³ Dose-dependent effects of walnuts on motor and cognitive function in aged rats. British Journal of Nutrition 009;101;1140-1144. Please note that further research needs to be conducted on humans.

⁴ Melatonin in walnuts: influence on levels of melatonin and total antioxidant capacity of blood. Nutrition. 2005 Sep;21(9):920-4.