

Cashews: A Nutrient Powerhouse with Some Nutritional Constraints

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Cashews, the kidney-shaped nuts that originate from tropical regions, have garnered considerable attention due to their pleasant flavor and notable health advantages. These multifunctional nuts possess not only gustatory appeal when consumed individually but also contribute a velvety consistency and taste to a diverse range of culinary preparations, rendering them highly favored among both gastronomic enthusiasts and individuals mindful of their well-being. Cashews possess a diverse array of essential nutrients and distinctive compounds, thereby bestowing a multitude of advantages for the enhancement of general health and wellness. Nevertheless, similar to other food items, they also possess certain potential drawbacks that necessitate careful consideration. This inquiry aims to examine the nutritional composition, potential positive effects on health, and possible adverse effects associated with the consumption of cashews.

Nutritional Benefits of Cashews

A serving of cashews, which weighs approximately one ounce or 28 grams, provides the following nutrients: The number of calories is 155. The fat content is 12 grams. The amount of saturated fat is 1 gram. The amount of monounsaturated fat in the food is 9 grams, while the amount of polyunsaturated fat is 2 grams. The protein content is 5 grams. The amount of carbohydrates is 9 grams. The fiber content is 3 grams. The amount of sugar is 1 gram. The following are the percentages of the Daily Value (DV) for each nutrient: Manganese: 19%, Copper: 14%, Magnesium: 12%, Phosphorus: 11%, Zinc: 10%, Vitamin K: 9%, Niacin: 8%, and Thiamin: 6%. In addition to being a good source of nutrients, cashews also provide vitamin B6, folate, and selenium.

Cashews' health advantages

Weight loss: Cashews are considered a food source that is rich in dietary fiber, thereby contributing to a sensation of satiety and contentment following consumption. Additionally, they serve as a valuable protein source, facilitating the development and preservation of muscle mass. Numerous studies have demonstrated a positive correlation between regular consumption of nuts and the ability to sustain a healthy body weight in comparison to individuals who do not incorporate nuts into their dietary habits.



Fig.01



Fig.02



Fig.03

Heart health: Cashews are a commendable reservoir of monounsaturated fats, renowned for their propensity to reduce low-density lipoprotein (LDL) cholesterol, colloquially referred to as the "bad" cholesterol, while simultaneously elevating high-density lipoprotein (HDL) cholesterol, commonly known as the "good" cholesterol. Furthermore, it should be noted that they serve as a commendable reservoir of magnesium, an essential mineral that holds significant relevance in maintaining optimal cardiovascular well-being. Numerous empirical investigations have substantiated the notion that individuals who incorporate nuts into their dietary regimen on a consistent basis exhibit a diminished propensity for the onset of cardiovascular ailments.

1. **Improved blood sugar control:** Cashews possess a commendable fiber content, thereby exhibiting the potential to impede the rapid assimilation of sugar into the circulatory system. This intervention holds potential advantages for individuals diagnosed with diabetes or those who exhibit prediabetic symptoms. Numerous studies have demonstrated that the regular consumption of nuts can enhance the regulation of blood sugar levels.
2. **Antioxidant:** Cashews possess antioxidants that have the potential to safeguard cellular structures against detrimental effects. The association between antioxidants and various health advantages, such as a decreased likelihood of developing cancer, heart disease, and other chronic ailments, has been established.
3. **Skin health:** Cashews are considered to be a valuable dietary source of copper, a mineral that plays a crucial role in maintaining optimal skin health. Copper plays a crucial role in the synthesis of collagen, a structural protein responsible for conferring elasticity and strength to the skin. Research findings indicate that individuals with insufficient copper levels exhibit a higher propensity for developing dry and wrinkled skin.
4. **Brain health:** Cashews are considered a valuable dietary source of magnesium, a
5. mineral that plays a crucial role in promoting optimal brain health. Magnesium plays a crucial role in the regulation of mood, sleep patterns, and memory function. Research findings indicate a positive correlation between individuals exhibiting lower levels of magnesium and an increased susceptibility to experiencing symptoms of depression and anxiety.
6. **Bone health:** Cashews possess a commendable abundance of copper, manganese, and phosphorus, all of which bear significant relevance to the maintenance of optimal bone health. Copper plays a pivotal role in the biosynthesis of collagen, a fibrous structural protein that constitutes the fundamental framework of bones. Manganese plays a pivotal role in the activation of enzymes that participate in the intricate process of bone metabolism. Phosphorus is a fundamental constituent of the skeletal structure. Cashews are a good source of copper, manganese, and phosphorus, all of which are important for bone health. Copper helps form collagen, which is a protein that makes up bones. Manganese helps activate enzymes that are involved in bone metabolism. Phosphorus is a major component of bones.

Downsides of cashews

Caloric Density: Cashews exhibit a high caloric density, thereby necessitating caution in their consumption to avert the potential for weight gain. The practice of regulating one's portion sizes assumes paramount importance, particularly when one is conscientiously monitoring their caloric consumption.

Allergic Reactions: It is worth noting that cashews possess a propensity to induce allergic reactions in a significant portion of the population. In order to mitigate the risk of experiencing severe allergic reactions, it is imperative for individuals afflicted with nut allergies to exercise utmost caution and abstain from consuming cashews.

Oxalates: Oxalates, which are present in cashews, are known to harbor the potential to contribute to the formation of kidney stones in individuals who possess a susceptibility to such conditions. Individuals who exhibit a predisposition towards the formation of renal calculi ought to exercise prudence in their consumption of cashews.

Phytates, akin to numerous legumes and seeds, are present in cashews and possess the capacity to impede the assimilation of specific minerals such as zinc and iron. Engaging in the practice of either soaking or roasting cashews has been observed to yield a reduction in the levels of phytate present in these nuts.

Salted Varieties: Cashews that have been seasoned with salt and imbued with various flavors possess the potential to contain elevated levels of sodium, a mineral whose excessive intake can have adverse effects on cardiovascular well-being. Choose unsalted varieties whenever feasible.

Conclusion

Cashews are unquestionably a formidable source of sustenance, bestowing a myriad of health advantages owing to their abundant and diverse array of nutrients. From the perspectives of cardiovascular health, cognitive function, and dermatological care, these nuts make a favorable contribution to diverse facets of overall welfare. Nevertheless, it is imperative to exercise prudence and temperance, for one must duly contemplate the calorie density and the plausible propensity for allergenic reactions. Incorporating cashews into a well-rounded dietary regimen can yield a plethora of benefits. However, it is prudent to seek counsel from a healthcare practitioner, particularly if one harbors specific health considerations or dietary limitations.