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Functional Medicine

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Title

Created

ABOUT REAL TREE NUTS, FAKE TREE NUTS, AND GROUND NUTS!

It seems we are dealing with a bit of confusion in the field of nuts. Let us try to help clear the path towards consuming healthiest nuts for each one!

In first, we must distinguish between **tree nuts** and **ground nuts**, the latter not showing as advantageous for health. In fact, all the usual nuts grow on trees except **peanuts**, which belong to the same family as beans, i.e. Leguminosae, which explains we can brand them legumes (or pulses).

Obviously, peanut pods develop underground explaining they can also be called **groundnuts**, an alternative name that you will find more often on corresponding oil bottle labels. You can eat the seeds (yes, they are true seeds and not real nuts), but don't indulge and prefer tree nuts. Besides, they can show allergenic and they are blamed for high amounts of lectins.

Coming to tree nuts, we find another intruder among them, i.e. **cashew nuts** that certainly grow on a tree, but the true fruit from cashew trees must be considered as a seed rather than a nut. Do not get confused, as we are dealing not only with kidney shaped true fruit called cashew nut, plus false fruit named 'cashew apple', edible but unsuitable for transport. As those trees only grow in North-East Brazil and some African countries, you will not find cashew apples in Europe, but only the nuts... sorry seeds!

Why is it worth explaining all this? Well, we do not recommend cashew nuts as much as other tree nuts such as **macadamias, pecans, Brazil nuts, pine nuts, walnuts, hazelnuts, almonds, and pistachios**. It appears that they harbour much more lectins, as seeds usually do, when compared to nuts. You may also want to look into the fat/carbohydrate content of all those nuts and select according your individualized advice, which may have been inspired by your blood tests and functional genetic tests (e.g. apoE genotype). Download our [list](#) with nutrients breakdown!