

# Walnut (*Juglan regia* L.) a complete health and brain food

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Nuts are nutrient dense foods and have been a regular constituent of mankind's diet since prehistoric times. In recent years there is a growing interest in nuts which provide health benefits and are alternative to medicine. Walnut (*Juglan regia* L.) belong to family Juglandaceae have amazing health benefits. They are not only delicious but also a complete functional food because they not only provide nutritional but also medicinal health benefits. They are unique among nuts because they are loaded with omega -3 fatty acids, and various other bioactive compounds, antioxidants, fibre, vitamins, minerals, and phytosterols.

**Key words :** *Juglan regia* L., Nutraceutical potential, Omega- 3 and 6 fatty acids, Alpha-linolenic acid, Good mood food

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