



## 5 High-Calorie Nutritional Foods That are Beneficial For Your Health

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FOODS HEALTH NUTRITIONAL

Eating high-calorie nutritional foods can have many effects on your body, depending on the type of high-calorie food you are consuming. A high-calorie nutritional food isn't always bad. High-Calorie foods can improve memory, boost immune systems and lower blood pressure in your body.

### Pistachios

Pistachios are one of the world's oldest nuts. Pistachios are rich in valuable nutrients. You can eat pistachios alone as a snack in breakfast, in mixed dry fruits, in baked goods, in an ice cream and even make a crunchy coating of fish or a meat. Pistachios are enriched in a source of protein. They have healthy fatty acids. Pistachios are a high-fat food, but that is not a bad thing. Per serving, pistachios contain 13 grams of total



## **Raisins**

A raisin is a dried grape. You can eat raisins every day in mixed dry fruits. They are a quick, easy and tasty way to get some of your recommended fruit servings. They are also a good source of carbohydrates for energy. The 34 grams of carbohydrates in one small box of raisins include 26 grams of sugar for rapid energy. Eating raisins every day helps you meet your daily requirement for iron. Raisin support your immune system helps make an amino acid. It is also an essential element of metabolism. Potassium is able to carry electrical charges that cause muscle contraction and stimulate nerve impulses.



## **Coconut Flour**

Coconut flour has a high-calorie count than other flour. Coconut flour is a gluten-free alternative to wheat flour. Coconut flour empowers you to bake some of your favorite cookies, pancakes, and cakes without the serious side effects that may come from ingesting wheat. Coconut flour also contains a significant amount of protein, especially when compared to wheat flour. Coconut flour is high in fiber, protein, and healthy fats and is free from wheat and other grains. It is also low in sugar, digestible carbohydrates and calories, and has a low score on the glycemic index. Coconut flour is made from ground and dried coconut meat.



## **Olive Oil**

Olive oil is the natural oil obtained from olives, the fatty fruit of the olive tree. Olive oil contains large amounts of antioxidants. It contains quite an amount of vitamins E and K. Olive oil is loaded with powerful antioxidants. These antioxidants are biologically active and may help fight against serious diseases. Olive oil can reduce inflammation, which may be one of the main reasons for its health benefits. The main anti-inflammatory effects are resolved by the antioxidants. Olive oil protects you from heart disease. Heart disease is the most common cause of death the world.



## **Dark Chocolate**

Dark Chocolate is a skin-friendly ingredient that helps to keep your skin healthy and glowing. Dark chocolate hosts a range of potent antioxidants. These antioxidants protect your skin from free radical damage. It helps in preventing skin burns and skin cancer. Dark chocolate makes an excellent skin-detoxifier in combination with caffeine. It is also very effective in reducing hair loss.



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#### **About Author:**

##### ***Kajal***

Dr.Kajal who is the Senior Physiotherapist at The PhysioStudio. She got specialized in a variety of fields of sports and fitness and conduct and participate in various events as the Physio Partner, including The World T20 Cricket Tournament for the blind 2017. She has a special interest in orthopedics, Sports, and Fitness exercises. This was not just a reason to choose Physiotherapist as her career but one of her childhood events also molded her into a true believer of Physiotherapist.