**Meet the Latest Superfood: Baru Nuts**

[Fight Wrinkles and Look Younger with Hims Complete Anti-aging Kit HYPERLINK "https://www.mensjournal.com/health-fitness/very-rare-sale-at-saxx-underwear/"A Very Rare Sale at Saxx Underwear HYPERLINK "https://www.mensjournal.com/health-fitness/7-reasons-why-noom-is-the-best-wellness-app-on-the-market/"7 Reasons Why Noom Is The Best Wellness App On The Market HYPERLINK "https://www.mensjournal.com/health-fitness/five-reasons-a-weight-loss-coach-may-be-best-for-you/"Always Hungry? Five Reasons Why A Weight Loss Coach May Be Best For You HYPERLINK "https://www.mensjournal.com/health-fitness/weighted-blanket-sale-macys/"Sleep Better HYPERLINK "https://www.mensjournal.com/health-fitness/weighted-blanket-sale-macys/"& HYPERLINK "https://www.mensjournal.com/health-fitness/weighted-blanket-sale-macys/" Speed Athletic Recovery—This Weighted Blanket Is 70% Off HYPERLINK "https://www.mensjournal.com/health-fitness/brushing-your-teeth-with-charcoal-toothpaste-could-damage-enamel/"Here’s Why You Should Stop Brushing Your Teeth With Charcoal Toothpaste](https://www.mensjournal.com/health-fitness/fight-wrinkles-and-look-younger-with-hims-complete-anti-aging-kit/)

[Young Guns and a Supercharged Catamaran: U.S. SailGP Team Takes on New York City](https://www.mensjournal.com/health-fitness/mens-journal-x-u-s-sailgp-team-strength-conditioning-workout/)

As a health-conscious guy, you already know that [nuts](https://www.mensjournal.com/food-drink/unique-health-benefits-eight-different-nuts/) are part of a nutrient-dense diet. You may even have a bag of almonds in your desk drawer. For you, there’s a new legume on the block. Baru nuts, native to Brazil, are oblong, with a brown outer paper and smooth inside.

[The Healthy Nuts](https://www.mensjournal.com/health-fitness/the-healthy-nuts-20130128/)

A quarter cup has five grams of fiber, six grams of protein, no sodium, and clocks in at 140 calories—less than their crunchy peers. One importer of barus, called Barùkas, is planting one tree in Brazil for every five pounds sold. Most importantly, they taste good, like an almond crossed with a peanut.

[[barukas.com]](https://barukas.com/)