**Figure 1.** Effect of 5 wks consumption of walnut-enriched meat (WM) and non-walnut enriched meat (N-WM) on the erythrocyte catalase activity of volunteers at increased CVD risk. *p<0.05 vs. 0-wk for the same meat type consumption. +p<0.05 with respect to N-WM at 5 wk (adapted from Canales et al., 2007).

**Figure 2.** Effect of 5 wks consumption of walnut-enriched meat (WM) and non-walnut enriched meat (N-WM) on the reduced glutathione concentration activity of volunteers at increased CVD risk. *p<0.05 vs. 0-wk for the same meat type consumption. +p<0.05 with respect to N-WM at 5 wk (adapted from Canales et al., 2007).