

Nuts, like fruit and vegetables are a vital part of a healthy diet and scientific research is continuing to prove why. The health benefits of nuts can be attributed to their unique combination of healthy fats, plus a broad range of vitamins, minerals and phytochemicals.

So, grab 2 serves of fruit, 5 serves of vegetables and a handful or two of nuts every day.

## Here are just a few reasons why nuts are good for you!

### Nuts are like nature's own vitamin pill – a unique nutritional powerhouse

Nuts contain a combination of at least 28 different essential nutrients and bioactive substances. A healthy, well balanced diet should include a variety of different foods, including nuts to ensure all essential nutrients are obtained.

### Nuts are vital for heart health

Nuts are an excellent source of healthy fats – polyunsaturated and monounsaturated, as well as containing Vitamin E, antioxidants, folate, arginine and plant sterols – all of which contribute to better heart health.

*Studies show enjoying a handful of nuts (30g) at least five times a week can significantly reduce the risk of developing heart disease by 30–50%.<sup>1-5</sup> A recent review of 61 controlled intervention trials concluded that tree nut intake lowers total and LDL cholesterol with stronger effects observed at amounts of 60g or more a day.<sup>6</sup>*

### Nuts help control body weight

Eating nuts regularly can actually help you maintain a healthy body weight and not cause weight gain. The fibre and protein help to satisfy hunger and reduce appetite, whilst the healthy fats in the nuts help release satiety hormones in the digestive system which help to tell you when you're full. Nut eaters also excrete more fat in their stools.

*A review of 82 blood lipid studies found that eating nuts improves indicators of heart health, without causing weight gain.<sup>7</sup> This is supported by a meta-analysis that found that nut consumption was associated with non-significant decreases in body weight, BMI and waist circumference.<sup>8</sup>*

### Nuts add fibre to your diet

All nuts contribute fibre to the diet – around 8g per 100g on average, and eating foods rich in fibre, particularly soluble fibre, helps satisfy hunger for longer. Dietary fibre also helps to lower blood cholesterol and is essential for healthy bowel function.

### Nuts may reduce the risk of diabetes

Nuts contain nutrients and bioactive substances such as fat, fibre and polyphenols that can help improve insulin function, as well as reducing the rise in blood glucose after eating. They also contain magnesium, and a diet high in magnesium has been linked to a reduced risk of developing type 2 diabetes.

*Studies have shown that eating a 30g handful of nuts at least four times a week reduces the risk of type 2 diabetes by 13–27%.<sup>9,10</sup>*

### Regular nut consumption has also been linked to a host of other health benefits including: gut health, brain health, reducing the risk of cancer, and living longer.

So, what are you waiting for. Get into the healthy habit of including a handful of nuts in your diet, every day.

Here's some tips on getting more nuts into your daily diet:

- Add nuts to your bread and muffin recipe
- Blend nuts into fruit smoothies – e.g. milk, yoghurt, fruit and almonds
- Use roasted chestnuts in place of potato or add to a stuffing mix
- Crumbles always taste better when you add chopped nuts
- Throw nuts into a salad – they add great texture and flavour
- Make your own nut butters and pastes
- Toss nuts through your veggies with some olive oil and garlic
- Add nuts to homemade muesli, blended into smoothies, topped over cereal, or sprinkled over avo-toast
- Make your own pesto – try walnuts, almonds and pine nuts
- Make your own energy boosting trail mixes – a selection of your favourite nuts, dried fruit and some chocolate
- Add nuts to jazz up your stir-fries, pastas and risottos
- Simply enjoy a handful as an afternoon, or any time snack

### References

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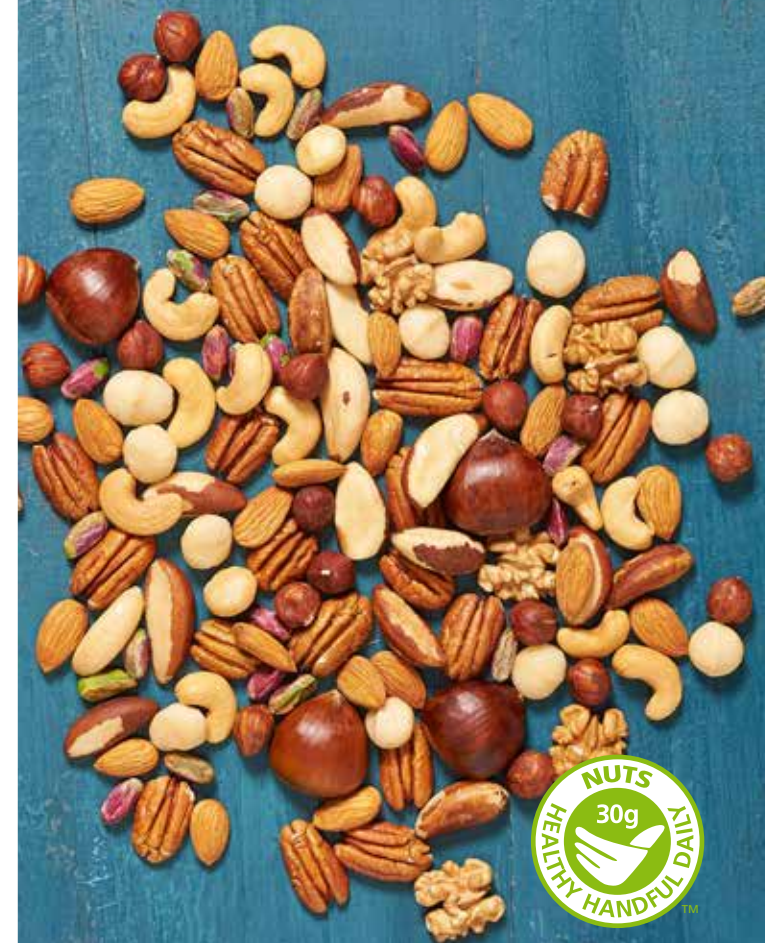
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# Nutrient Composition of Tree Nuts



Enjoy a handful of nuts daily.  
Essential eating for good health.



# Nutrient Composition of Raw, Unsalted Tree Nuts

Per 100g	Energy (kJ)	Macronutrients									Minerals									Vitamins						Other			
		Protein (g)	Fat Total (g)	Fat Saturated (g) (% of total fat)	Fat Monounsaturated (g) (% of total fat)	Fat Polyunsaturated (g) (% of total fat)	Fat Omega 3 as ALA (mg)	Carbohydrate Total (g)	Carbohydrate Sugars (g)	Dietary Fibre (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Magnesium (mg)	Manganese (mg)	Phosphorus (mg)	Potassium (mg)	Selenium (µg)	Sodium (mg)	Zinc (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg eq)	Folate DFE (µg)	Vitamin B6 (mg)	Vitamin E (mg)	Arginine (g)*	Plant sterols (mg)*	Polyphenols (mg)#
 Almond	2503	19.5	54.7	3.7 (7%)	35.9 (69%)	12.8 (24%)	0	4.8	4.8	8.8	250	1.1	3.9	260	2.5	480	740	3.2	5.0	3.7	0.2	1.4	7.7	29	0.1	28.1	2.5	197	418
 Brazil Nut	2886	14.4	68.5	14.8 (23%)	21.8 (33%)	29.0 (44%)	0	2.4	2.1	8.5	150	2.0	2.2	350	0.8	660	560	1917*	2.0	4.1	0.6	0.4	3.0	22	0.3	5.3	2.1	123	310
 Cashew	2437	17.0	49.2	8.4 (18%)	31.1 (66%)	7.5 (16%)	0	16.8	5.5	5.9	34	1.9	5.0	250	1.4	530	550	33	11.0	5.5	0.6	0.2	7.3	25	0.4	0.7	2.1	151	269
 Chestnut	724	3.4	0.6	0.1 (17%)	DU	DU	DU	34.3	3.8	8.1	13	0.5*	0.8	33*	1.2*	107*	574	1.2*	1.0	0.5	0.3	0.1	2.5	70*	0.5*	0.5*	0.2	DU	2756
 Hazelnut	2689	14.8	61.4	2.7 (5%)	48.8 (83%)	7.2 (12%)	120	5.1	4.4	10.4	86	1.5	3.2	160	3.5	310	680	1.0	3.0	2.2	0.4	0.2	4.7	113	0.6	16.0	2.2	122	835
 Macadamia	3080	9.2	74.0	10.0 (14%)	59.8 (81%)	3.8 (5%)	99	7.9	4.6	6.4	85*	0.8*	3.7*	130*	4.1*	188*	410	3.6*	1.4	1.3*	1.2*	0.2*	2.5*	11*	0.3*	0.5*	1.4*	116	156
 Pecan	2973	9.8	71.9	4.5 (7%)	39.3 (57%)	25.0 (36%)	620	4.9	4.3	8.4	51	0.4	2.4	110	5.1	290	500	2.0	3.0	3.9	0.4	0.2	2.9	25	0.3	5.6	1.2	159	2016
 Pine Nut	2925	13.0	70.0	4.2 (6%)	23.0 (34%)	39.8 (55%)	0	4.5	3.4	5.1	11	1.2	4.1	230	6.9	560	600	1.0	3.0	5.3	0.6	0.2	6.5	34	0.0*	12.9	2.4	236	68
 Pistachio	2389	19.7	50.6	5.8 (12%)	26.7 (55%)	15.8 (33%)	0	6.8	5.9	9.0	90	1.4	3.9	100	1.1	480	950	1.0	7.0	2.3	0.6	0.3	4.8	81	1.5	4.1	2.1	214	1657
 Walnut	2904	14.4	69.2	4.4 (7%)	12.1 (18%)	49.6 (75%)	6280	3.0	2.7	6.4	89	1.4	2.5	150	3.2	370	440	2.0	3.0	2.5	0.3	0.2	5.0	70	0.4	2.6	2.3	110	1556
 Mixed Tree Nuts	2754	14.6	63.3	6.5	33.2	21.2	791	6.2	4.2	7.7	94	1.3	3.4	193	3.2	430	603	218	4.3	3.4	0.5	0.4	4.9	45.6	0.4	8.4	2.0	159	809

DU = Data Unavailable Figures from NUTTAB 2010 unless otherwise indicated below.

Energy values include energy values for dietary fibre.

Vitamin E values are calculated including alpha, beta and gamma tocopherols except for chestnut US alpha tocopherol data only.

Chestnut data based on dry roasted from NUTTAB2010 and roasted from USDA where indicated by \*

Mixed nuts values are the average excluding those nuts with unavailable data and chestnuts.

^ Macadamia data - Australian Macadamia Society lab analysis 2002 or USDA data where indicated by \*

\* United States Department of Agriculture USDA National Nutrient Database for Standard Reference Release 28, (all forms of plant sterols are included in totals data).

# United States Department of Agriculture USDA. Database for Oxygen Radical Absorbance Capacity (ORAC) of selected foods, Release 2, 2010.

Chestnut data from De Vasconcelos et al. *J Agric Food Chem* 2007; 55:3508-3516

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