



February 2014

A Healthy Handful: The Latest Research

Nuts About Prebiotics

New research has uncovered the prebiotic potential of nuts, showing that two handfuls of almonds a day can promote the growth of good gut bacteria while also inhibiting the growth of harmful bacteria.¹

The Chinese study, published online ahead of print in the *Anaerobe Journal*, investigated the prebiotic effects of almond and almond skin intake in healthy adults.¹

Researchers found participants eating 56g of roasted almonds and 10g of almond skins a day for six weeks showed significant increases in good bacteria - *Bifidobacterium* spp. and *Lactobacillus* spp - while growth of harmful bacteria slowed or stopped.¹

It Only Takes A Handful Or Two

Eating a handful of nuts as little as once or twice a week can reduce your risk of obesity and Metabolic Syndrome - a cluster of health problems that can lead to heart disease, diabetes and obesity.²

A new study, published in the online journal *PLOS ONE*, analysed the diets of 803 Seventh-day Adventist adults and discovered eating a handful (30g) of nuts a week was associated with a seven per cent reduction in Metabolic Syndrome. Researchers said increasing this to two handfuls of nuts a week could potentially double the benefits and reduce Metabolic Syndrome risk by 14 per cent.²

The benefits were seen regardless of a person's demographic, lifestyle and other dietary factors. In addition, the researchers found that people who regularly ate nuts had a significantly lower risk of obesity compared to those who were low nut eaters.²

Go Nuts For A Happy Heart

New research has revealed just why a handful of nuts a day is good for your ticker.³

A new paper released from the PREDIMED study – the world's largest study on the Mediterranean diet – has revealed eating a Mediterranean diet enriched with a handful of mixed nuts each day may slow the thickening of artery walls and plaque build-up.³

Researchers say this may be one of the reasons a Mediterranean diet supplemented with a handful (30g) of mixed nuts has been shown to reduce the risk of heart disease by 28 per cent, compared to a lower fat diet.^{3, 4}

-ends-

**For more information and interviews please contact:
Sonya Rogers at Bite Communications on
Ph (02) 9977 8195 or 0435 110 670 (Sonya)**



Issued on behalf of Nuts For Life

Nuts for life is Australia's leading nutrition authority on tree nuts and health. The nutrition education initiative, funded by the Australian Tree Nut Industry and Horticulture Australia, aims to educate Australians about the nutrition and health benefits of regular tree nut consumption. Web - www.nutsforlife.com.au

Facebook - <https://www.facebook.com/Nuts4Life> Twitter - @NutsForLife

References:

1. Liu Z et al. Prebiotic effects of almonds and almond skins on intestinal microbiota in healthy adult humans. *Aerobie* 2013 Dec 3. pii: S1075-9964(13)00193-5. doi: 10.1016/j.anaerobe.2013.11.007. [Epub ahead of print] <http://www.ncbi.nlm.nih.gov/pubmed/24315808>
2. Jaceldo-Siegel K et al. Tree Nuts Are Inversely Associated with Metabolic Syndrome and Obesity: The Adventist Health Study. *PLOS ONE* 2014. DOI: 10.1371/journal.pone.0085133. <http://www.plosone.org/article/info:doi%2F10.1371%2Fjournal.pone.0085133>
3. Sala-Vila A et al. Changes in Ultrasound-Assessed Carotid Intima-Media Thickness and Plaque With a Mediterranean Diet: A Substudy of the PREDIMED Trial. *Feb 2014 ;34(2):439-45.* doi: 10.1161/ATVBAHA.113.302327. <http://www.ncbi.nlm.nih.gov/pubmed/24285581>
4. Estruch R et al. Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. *N Engl J Med* 2013; 368:1279-1290 April 4, 2013 DOI: 10.1056/NEJMoa1200303 http://www.nejm.org/doi/full/10.1056/NEJMoa1200303?query=featured_home