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## NEW ABS DATA SHOWS AUSSIES STILL NOT EATING ENOUGH NUTS

New data released today from the ABS Australian Health Survey shows that while Australians are eating around 60% more nuts – up from 3.3 grams a day in the 1995 National Nutrition Survey to 5.2 grams a day – consumption is still a long way short of the recommended 30 grams a day.

Nuts for Life, the Australian tree nut industry's nutrition body, has welcomed the increase in consumption but is urging Australians to focus on eating more nuts to help them reach the level recommended by health guidelines.

"We still have a long way to go. Even based on these new figures, Australian adults need to significantly increase their nut consumption to meet the recommended daily intake," said Advanced Accredited Practising Dietitian and Nuts for Life Program Manager Ms Lisa Yates.

The new ABS data suggests that Australians are beginning to let go of the low fat diet mantra of the 90's and this is reflected in the data by the consumption of fats. The data shows that fat contributes around 30% of energy, with around 53% of this coming from health monounsaturated and polyunsaturated fats.

The data also shows that significant numbers of Australians are dieting to lose weight with over 2.3 million Australians (13%) aged 15 years and over reporting that they were on a diet.

We know from our own research that fear of weight gain is the number one reason 98% of Australian don't eat the recommended 30g or a handful of nuts every day despite the fact that extensive scientific research shows eating nuts as part of an energy controlled diet does not cause weight gain," said Ms Yates.

In addition to being an effective weight management food, nuts are nutrient-rich and important to general wellbeing and chronic disease prevention, in particular heart disease and diabetes.

Consuming a handful (30g) of nuts at least five times a week has been shown to reduce the risk of developing heart disease by 30-50% and the risk of developing diabetes by 25%.<sup>2</sup>

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**For more information and interviews please contact:  
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*Issued on behalf of Nuts For Life*

*Nuts for life is Australia's leading nutrition authority on tree nuts ad 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](http://www.nutsforlife.com.au)*

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

### REFERENCES

1. Australian Health Survey: Nutrition First Results – Food and Nutrients, 2-11-12. Australian Bureau of Statistics.
2. The Nut Report: Nuts and The Big Fat Myth [http://www.nutsforlife.com.au/index.php?option=com\\_docman&task=cat\\_view&gid=181&Itemid=190](http://www.nutsforlife.com.au/index.php?option=com_docman&task=cat_view&gid=181&Itemid=190)