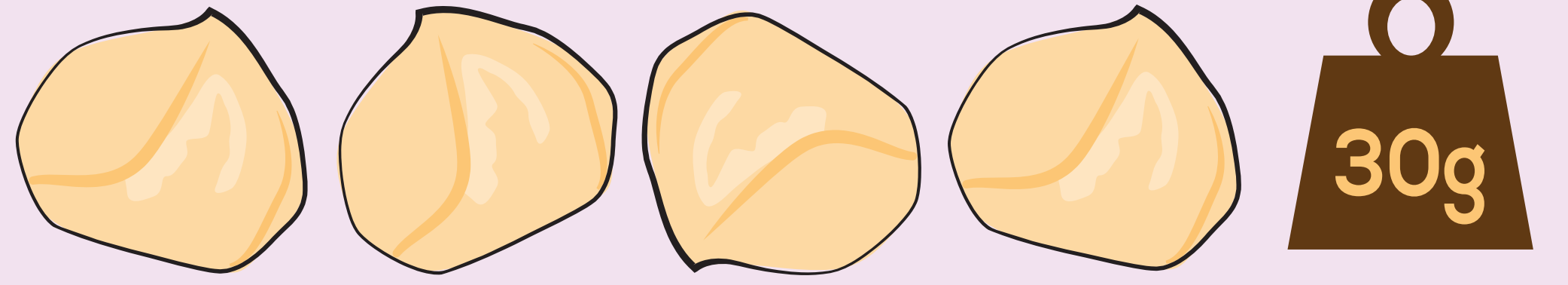


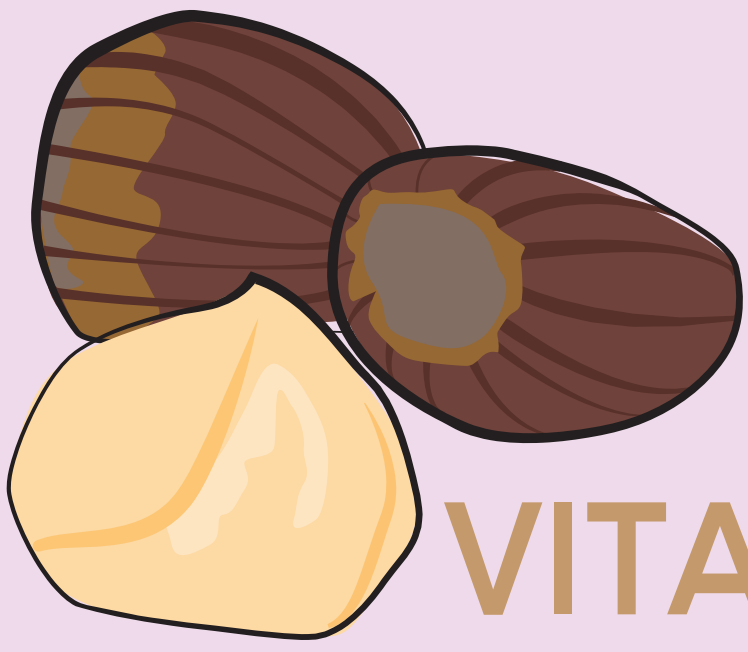
# CHESTNUTS



**4** CHESTNUTS MAKE UP  
A HEALTHY HANDFUL

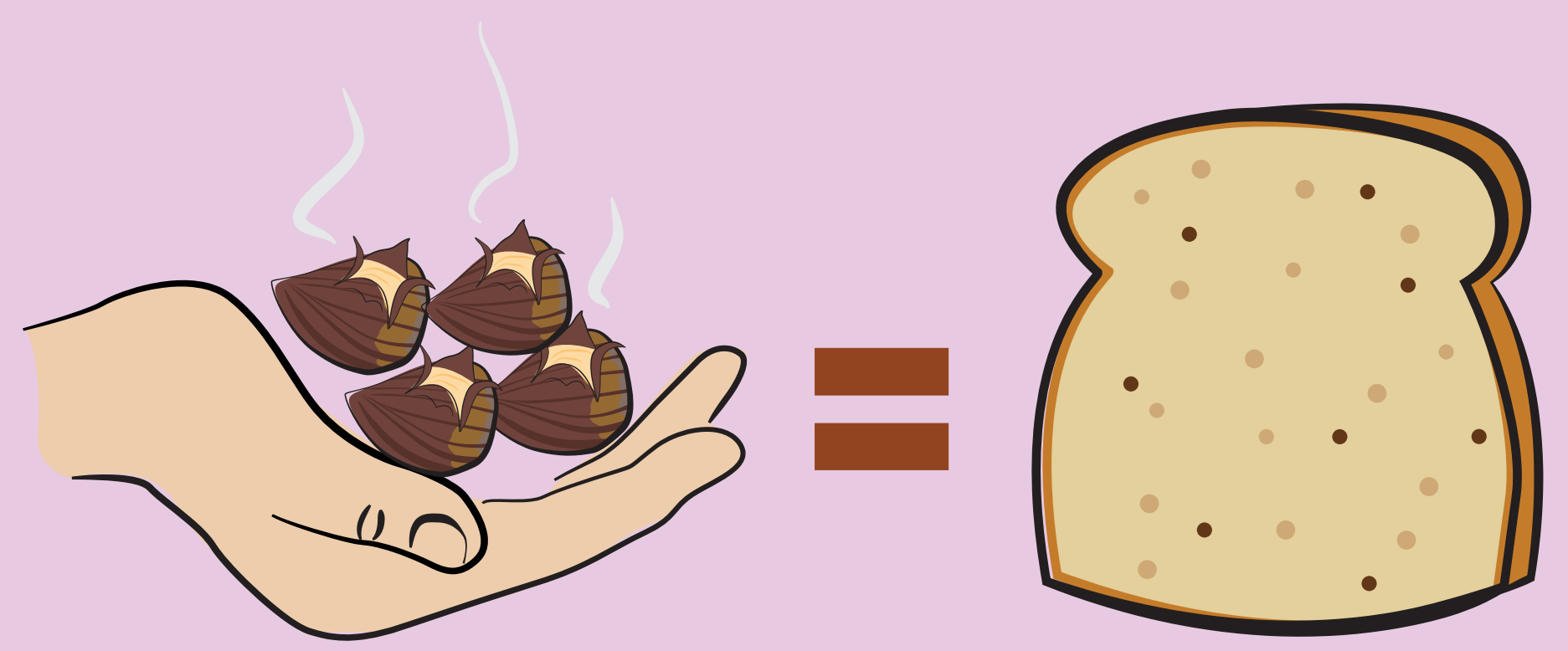


## CHESTNUTS CONTAIN



FIBRE FOLATE  
LOW GI CARBS  
VITAMIN C POTASSIUM  
MAGNESIUM ANTIOXIDANTS  
AND ARE LOW IN TOTAL FAT  
AND SODIUM

FOUR ROASTED CHESTNUTS  
PROVIDES 2g OF FIBRE -  
THE SAME AS A SLICE OF  
WHOLEGRAIN BREAD



## GLUTEN FREE



CHESTNUTS AND PRODUCTS LIKE  
CHESTNUT MEAL ARE A GREAT  
HIGH-FIBRE ALTERNATIVE FOR  
PEOPLE WITH COELIAC DISEASE  
OR A GLUTEN INTOLERANCE

## NUTRITIONALLY CHESTNUTS

ARE MORE LIKE WHOLEGRAINS

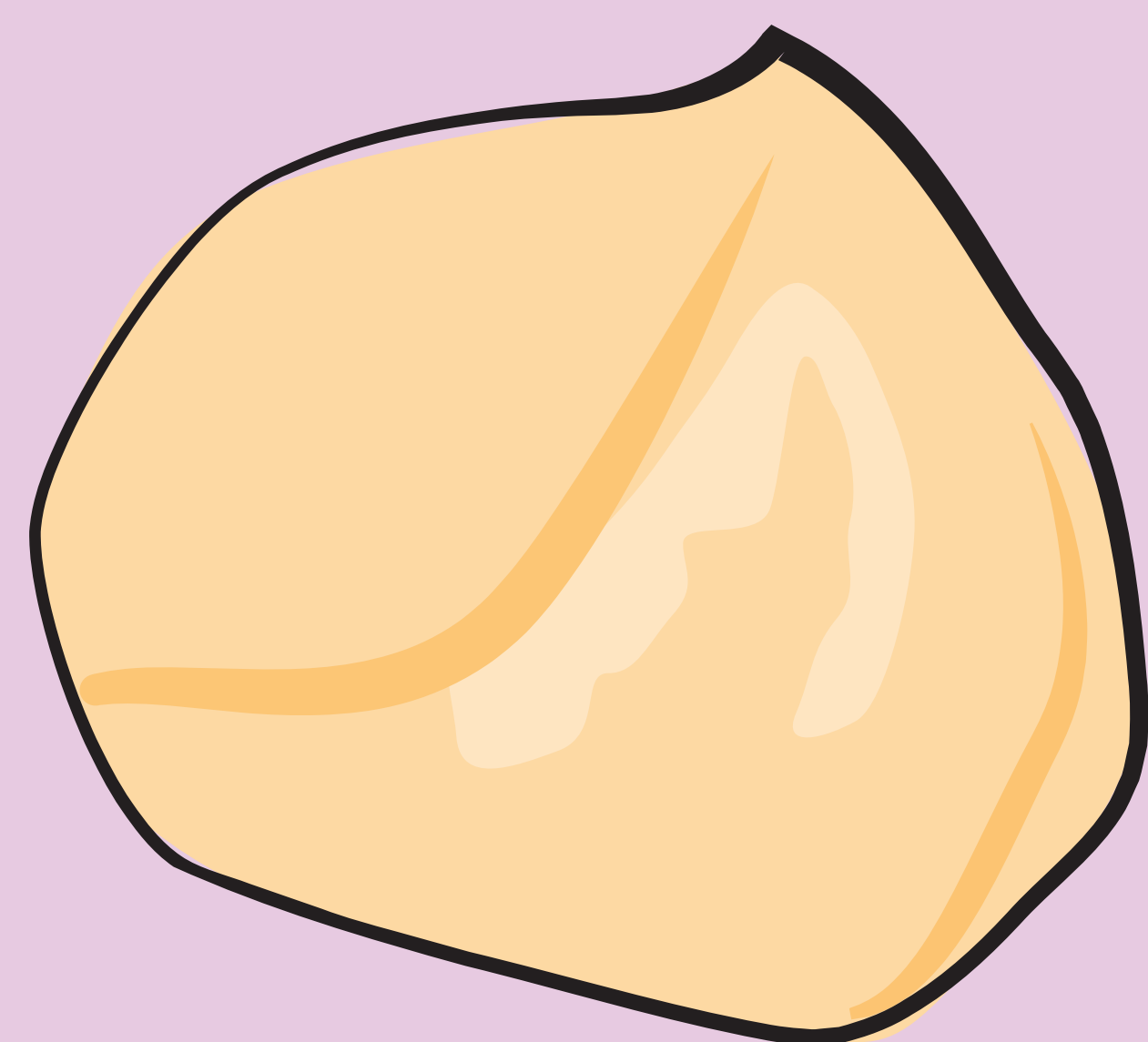


THEY ARE LOW IN FAT  
AND ARE A GOOD  
SOURCE OF LOW GI  
CARBOHYDRATE

LOW GI

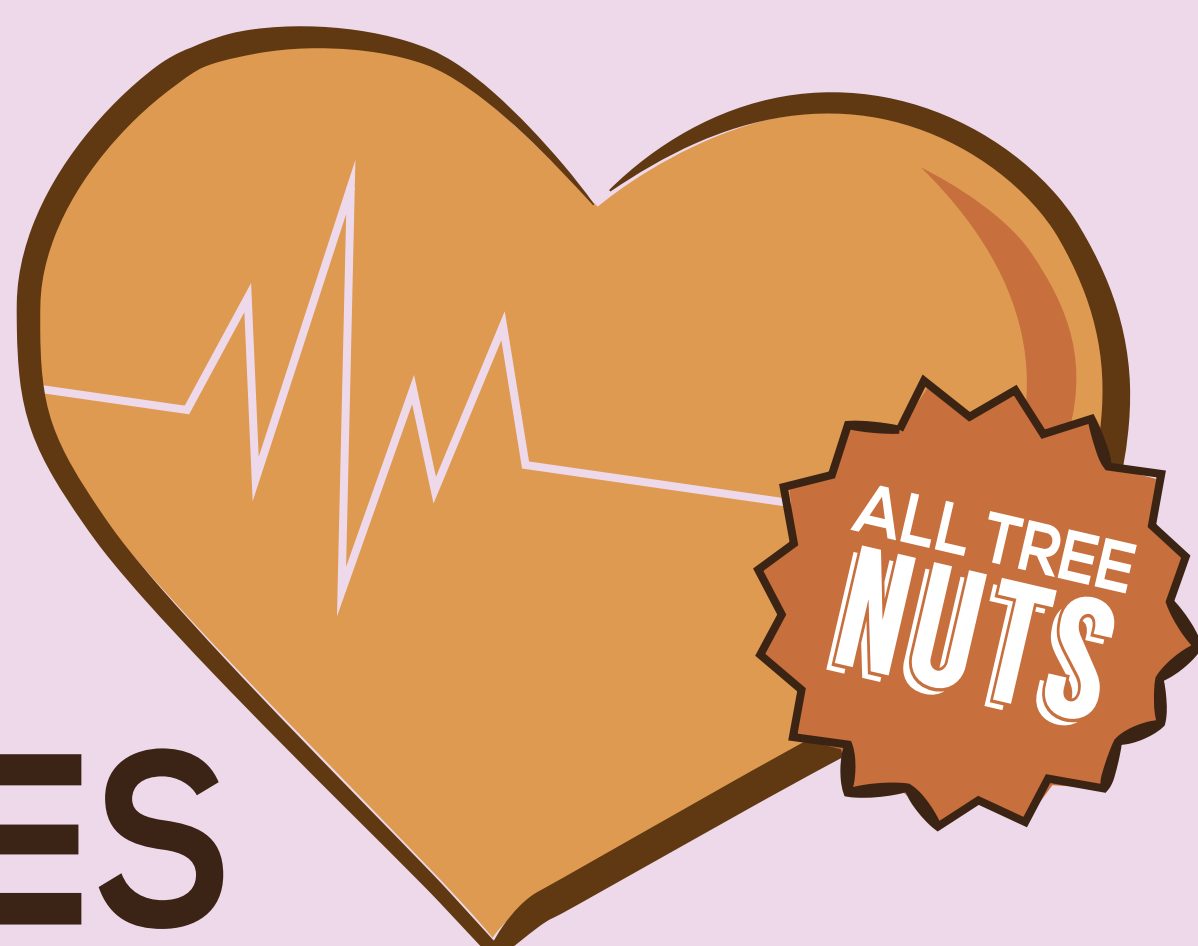
## VITAMIN C

THE ONLY NUT TO  
CONTAIN VITAMIN C



40mg/100G RAW BUT DROPS  
TO 26mg/100g WHEN COOKED

A DAILY HANDFUL  
+ A HEALTHY DIET



REDUCES  
RISK OF HEART DISEASE