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Latest Research: More Reasons To Eat A Handful of Nuts Daily

EMERGING RESEARCH: Nutty Habits As A Teenager Linked To Reduced Risk Of Breast Cancer

New Research from Washington University, US, has found what women eat as teenagers could impact their risk of developing breast cancer later in life.¹

The population based study assessed more than 2800 women diagnosed with first primary breast cancer, against a control group of more than 3200 women. Researchers evaluated what their diets had been like at ages 10-15 years through a questionnaire about the frequency of consumption of 55 foods. They found those eating a daily handful of nuts, vegetables (specifically vegetable fat and protein) and foods providing dietary fibre as a teenager had a reduced risk of breast cancer.¹ These healthy teenager habits provided particular protection for post menopausal women.¹

 New research: eating nuts, veggies & high fibre foods as a teenager may reduce the risk of breast cancer <http://1.usa.gov/1ok79cy> @NutsForLife

Mums-to-be Go Nuts For Bubs

New US research published in the JAMA Pediatric journal (Feb 2014) continues to build on the evidence that mums-to-be who eat nuts during pregnancy could reduce their child's risk of having a nut allergy.²

The Growing Up Today Study 2 examined 10, 907 children born between 1990 and 1994 and tracked diagnosis of a food allergy, specifically nut allergy. It compared this with dietary records of their mothers, which were taken before, during and after pregnancy.²

Among mothers without a nut allergy, eating 28g of nuts more than five times a week during pregnancy reduced the risk of their child having a nut allergy by up to 69 per cent (OR = 0.31; 95% CI, 0.13-0.75; *P* trend = 0.004).² These women also reported the highest consumption of fruits and vegetables and tended to introduce nuts into their child's diet at a younger age. Researchers say the study supports the theory that early exposure to potential allergens increases tolerance and lowers risk of childhood food allergy.²

 Mums-to-be new research shows eating #nuts during #pregnancy could reduce your bub's risk of food allergy <http://1.usa.gov/1m6x83t> @NutsForLife

NEW PREDIMED DATA: Nutty Diet Lowers Blood Pressure

A new paper from the famous PREDIMED study – the world's largest study on the benefits of the Mediterranean diet – has reported a Mediterranean diet enriched with a handful of nuts a day improves blood pressure.³ Participants, who were all at high risk of cardiovascular disease, reported a 3 point drop in systolic blood pressure within a year (-2.6mmHg).³ This was a reduction in blood pressure that occurred without any advice on exercise or reducing salt.³

 New PREDIMED data: Med Diet + handful of nuts a day reduces blood pressure <http://1.usa.gov/1h3F8DT> @NutsForLife



A Handful For Heart Health

Two new research papers continue to build the evidence that nuts are good for your ticker.⁴⁻⁸

A new paper released from the PREDIMED study 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.⁴

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.^{4,5}

A University of Munich study published in *Metabolism* journal has also concluded men and women over 50 years who ate a larger handful of walnuts (43g) a day for eight weeks improved biomarkers for heart disease.⁶ Specifically participants in the study showed significant reductions in non-HDL cholesterol and apolipoprotein-B (ApoB) - high levels of ApoB can lead to plaques that cause vascular disease.⁶ This study adds to the body of evidence for the heart health benefits of walnuts.⁶⁻⁸

 Research reveals WHY a Med Diet + a handful of nuts a day reduces risk of heart disease
[@NutsForLife](https://twitter.com/NutsForLife) #PREDIMED <http://1.usa.gov/1gyDGFK>

 New study: over 50s eating a 45g handful of #walnuts a day reduced risk of heart disease in just 8 weeks
<http://1.usa.gov/1gYXEGK> [@NutsForLife](https://twitter.com/NutsForLife)

Nuts About Prebiotics and Gut Health

Two new research studies have further uncovered the prebiotic potential of nuts.

A Chinese study, published in the *Anaerobe Journal*, has revealed that eating two handfuls of almonds a day can promote the growth of good gut bacteria while also inhibiting the growth of harmful bacteria.⁹

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.⁹

A randomised cross over study has also revealed regularly eating pistachios or almonds improves gut microbiota (gut flora) composition. The US study, published in the *British Journal of Nutrition*, found pistachios also increased the number of beneficial butyrate-producing bacteria.¹⁰

 New research reveals prebiotic potential of #almonds with just 2 handfuls a day promoting gut health
<http://1.usa.gov/1gDivRE> [@NutsForLife](https://twitter.com/NutsForLife)

 Enjoy a handful of #pistachios or #almonds good for gut health. New study
<http://1.usa.gov/Q97lgo> [@NutsForLife](https://twitter.com/NutsForLife)



Go Nuts For Minerals Your Body Will Love

A new study from the Poznan University, Poland, has examined just how easy it is for our bodies to access and use minerals found in commonly consumed plant foods.¹¹

The study, published in the *Journal of Food Science Technology*, looked at the bioaccessibility of zinc, iron, calcium and magnesium these minerals in such as cereals, rice, legumes and nuts.¹¹

Researchers concluded the best food sources of bioaccessible minerals, or minerals easily used by our bodies, are nuts and legumes. Specifically concerning the bioaccessibility, the highest values for iron were identified in cashew nuts and green lentils (2.8 and 1.7mg/100g); for zinc in green lentils (2.1mg/100g), for calcium in Brazil nuts and shelled pea (32.6 and 29.1mg/100g); and for magnesium in shelled peas and green lentils (43.4 and 33.9mg/100g). The highest mineral contents were found in nuts, in particular Brazil nuts (calcium and magnesium); cashews (magnesium); and hazelnuts (calcium and magnesium).¹¹

 [New study: nuts and legumes best choice for minerals that are easy for your body to absorb](https://twitter.com/NutsForLife)
[@NutsForLife](http://1.usa.gov/1qY7nTj)

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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

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