

TIME FOR WOMEN TO GO NUTS

A DAILY HANDFUL + A HEALTHY DIET

30g

LOWERS

RISK OF HEART DISEASE
BY UP TO 45%

45%

CUTS RISK OF TYPE 2 DIABETES BY 25%



ONLY

5%



OF AUSSIE WOMEN
EAT THE IDEAL
30g HANDFUL
OF NUTS A DAY

REDUCES
BMI

AND REDUCES THE
RISK OF LONG TERM
WEIGHT GAIN

2014

FOR REFERENCES WWW.NUTSFORLIFE.COM.AU/RESOURCES/MEDIA-RELEASES



www.nutsforlife.com.au

