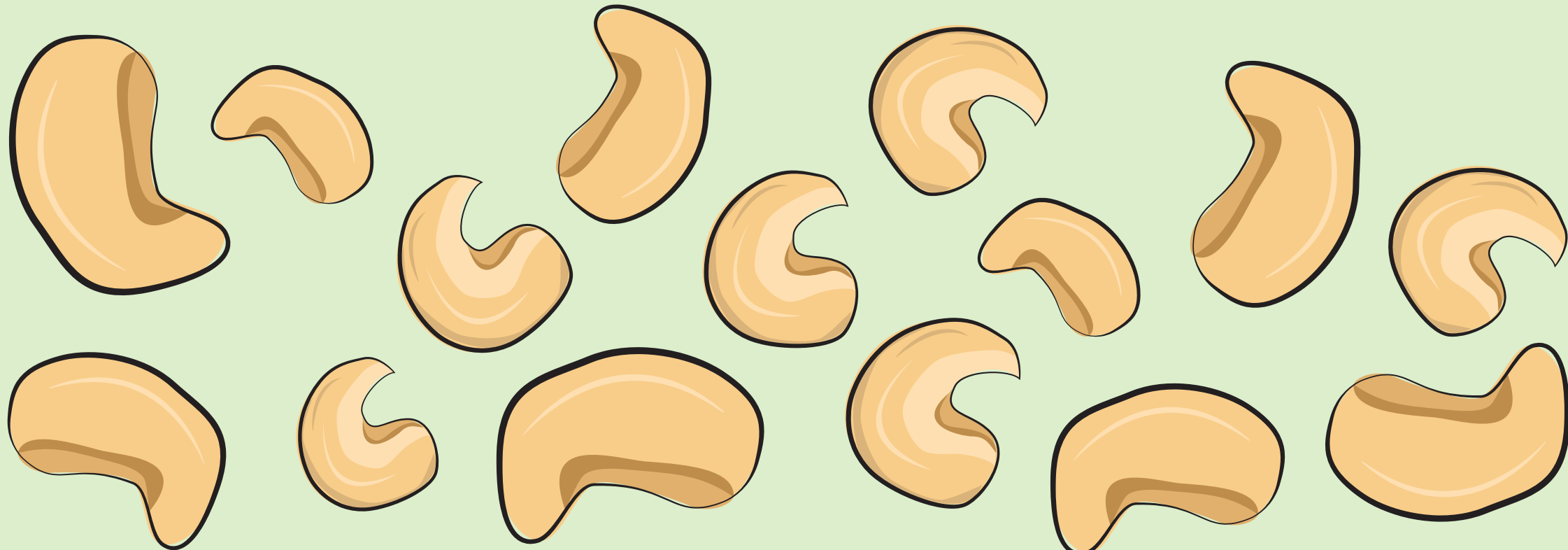


CASHEWS



A HEALTHY HANDFUL
15 CASHEWS

30g

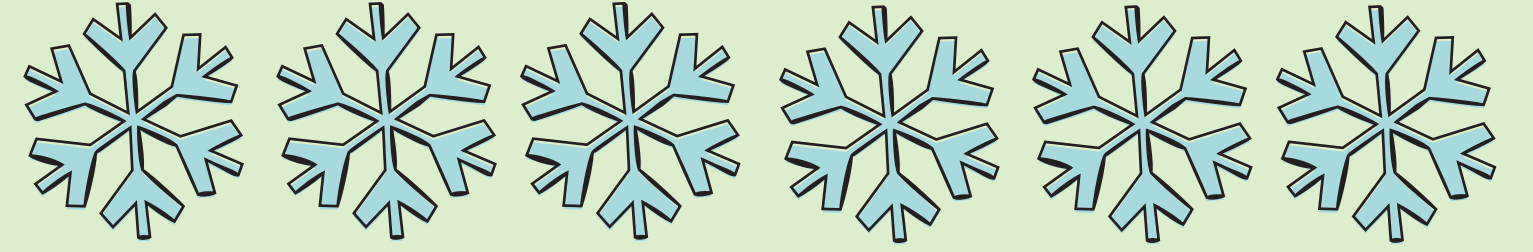


KEEP REFRIGERATED
IN AN AIRTIGHT CONTAINER
FOR UP TO

4
MONTHS



OR IN THE FREEZER FOR



6 MONTHS

A DAILY HANDFUL + A HEALTHY DIET



LOWER

RISK OF HEART DISEASE
AND TYPE 2 DIABETES



CASHEWS PROVIDE

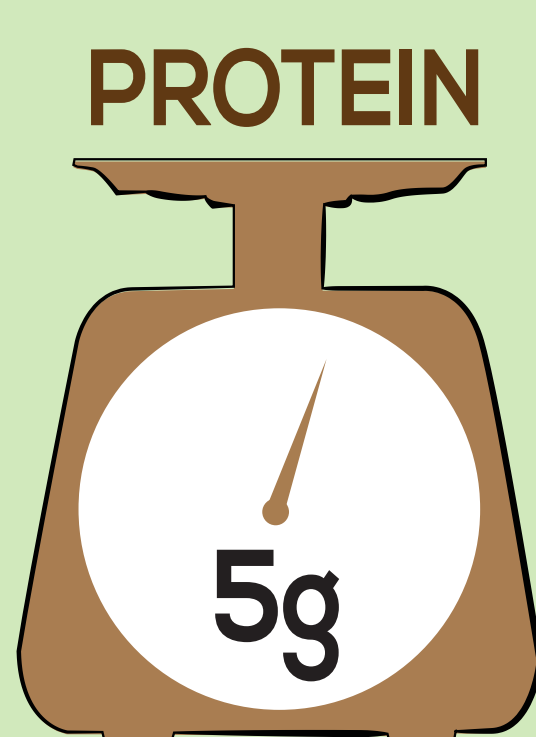
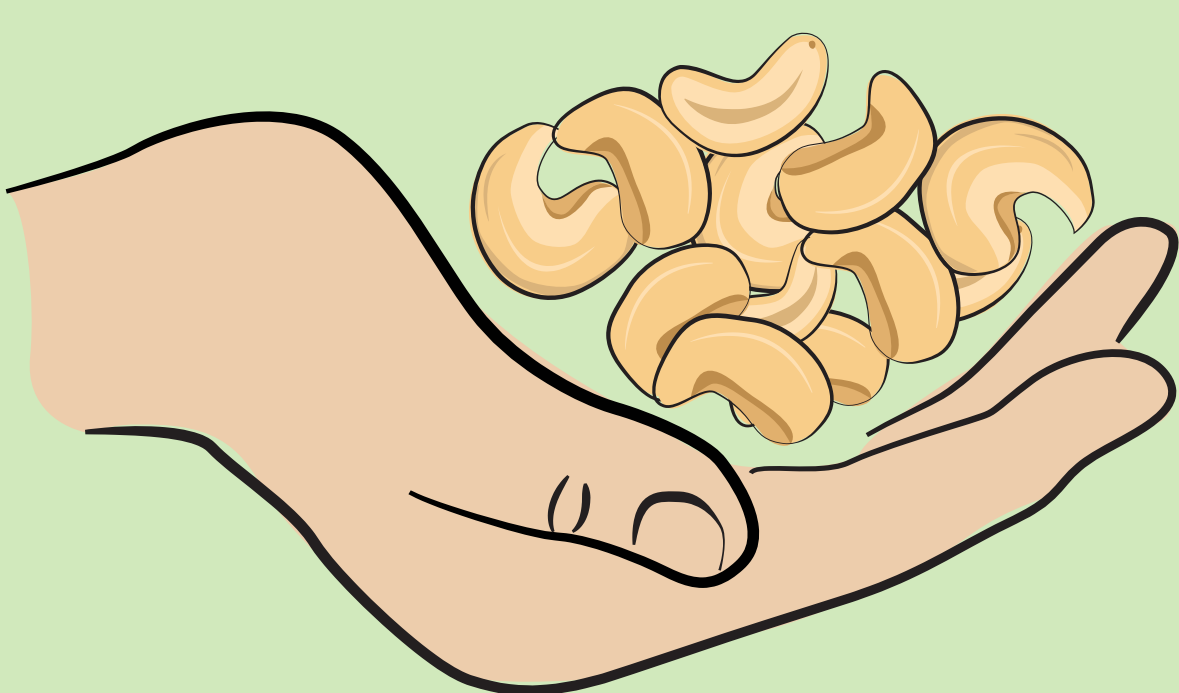


PHOSPHOROUS POTASSIUM COPPER ZINC
PLANT PROTEIN PLANT IRON HEALTHY FATS
ANTIOXIDANTS AND ARE LOW IN SODIUM

N

GREAT FOR EGETARIANS

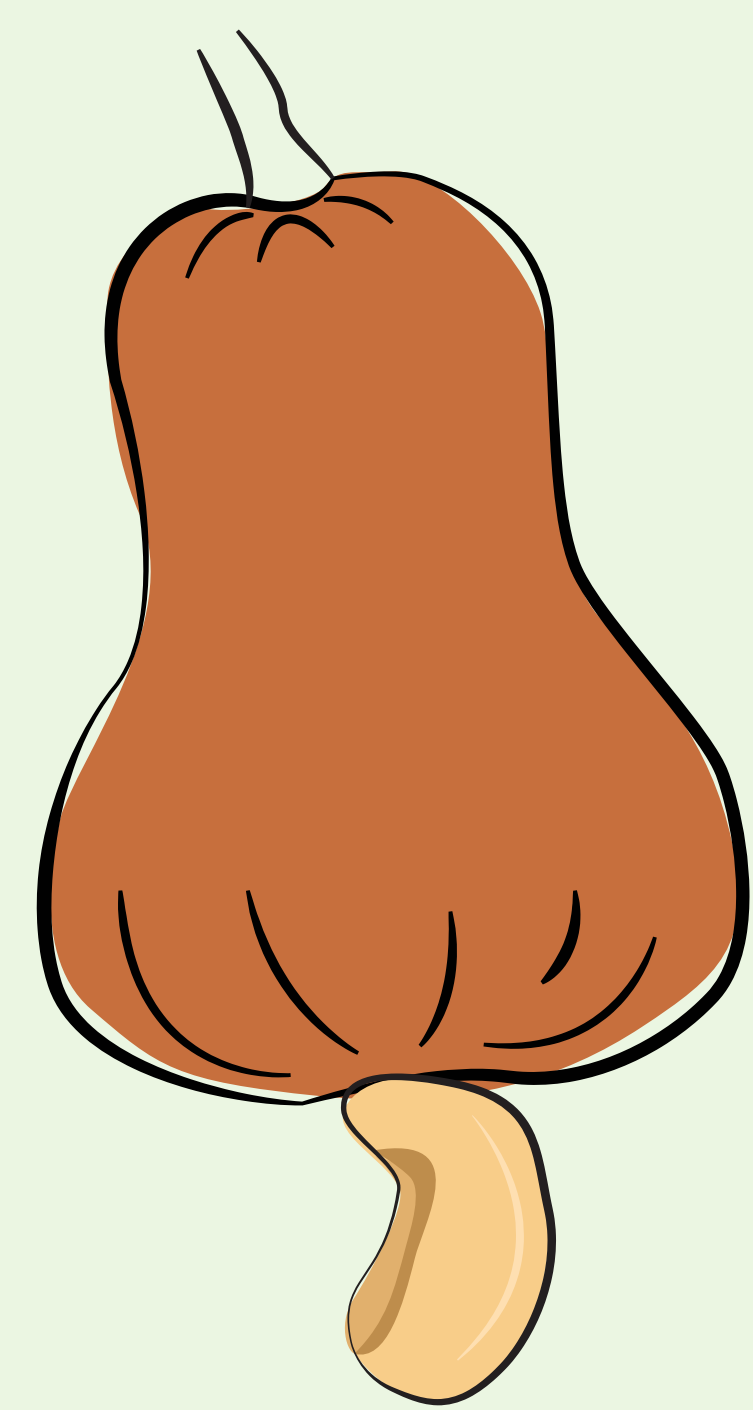
A 30g HANDFUL OF CASHEWS PROVIDES



12% OF RDI OF PLANT IRON

AND 12% RDI OF ZINC

DID YOU KNOW?



CASHEWS ARE A SEED
GROWN ON THE OUTSIDE
OF A CASHEW APPLE

LOW
GI

A LOW-GI DIET CAN HELP TO MANAGE
BLOOD GLUCOSE AND INSULIN LEVELS
AND MAY REDUCE THE RISK OF
TYPE 2 DIABETES AND HEART DISEASE

