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## TREE NUTS ATTRACT MAJOR STAR POWER

Tree nuts stand out as stars when ranked by the new Health Star Rating system, with nut industry groups predicting an increase in the use of tree nuts by food manufacturers looking for ingredients that add extra star power.

Nuts for Life Dietitian and Program Manager Lisa Yates welcomed the new food rating system which she said would be adopted by members of the nut industry as early as next year, the first opportunity to update packaging with new season nuts.

“The Healthy Star Ratings system is a great opportunity to provide shoppers with a simple, at-a-glance label to help them make informed food choices,” said Ms Yates.

“Being highly nutritious, nuts have attracted major star power,” said Ms Yates. “Like fresh fruits and vegetables, all nuts receive between four and five stars out of five, reinforcing their position as an ideal plant food ingredient or healthy snack.

“The reason there is a slight difference in the star ratings of some tree nuts is purely based on variations in protein, fibre and saturated fat content. But with all tree nuts rated four stars or above, our advice is to simply enjoy your favourites and aim to eat a handful of nuts a day to maximise health benefits.”

Ms Yates said the new rating system may prompt an increase in the use of tree nuts as a key ingredient.

“As manufacturers reformulate products to increase their star ratings, we may see more nuts being used. This is because it could tick the box for the important star-boosting section of the algorithm - ‘what percentage of the food product contains fruits, vegetables, nuts and legumes’ (%FVNL) - as well as providing additional nutrients such as vitamins, minerals and antioxidants.”

A 30g handful of nuts a day has been shown to help reduce the risk of heart disease as well as help control blood cholesterol, diabetes and body weight.

### 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 Limited, 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

### Tree Nuts: Healthy Star Ratings

Almond (raw)	★★★★★
Brazil nut (raw)	★★★★
Cashew (raw)	★★★★◇
Chestnut (roasted)	★★★★★
Hazelnut (raw)	★★★★★
Macadamia (raw)	★★★★
Pecan (raw)	★★★★◇
Pine nut (raw)	★★★★◇
Pistachio (raw)	★★★★★
Walnut (raw)	★★★★★

NB: all stars based on nutrient composition per100g

### Star Check: Afternoon Snacks

30g of mixed nuts	★★★★★
A red apple	★★★★◇
A choc chip biscuit	★
A plain muesli bar	★★★★◇
Processed cheese	★★★
Rice crackers	★★★★◇
A choc chip muffin	★★
Small take-away cappuccino	★★
An average energy drink	★

NB: all stars based on nutrient composition per100g

**For more information and interviews please contact:  
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