



HAVE YOU HAD YOUR HEALTHY HANDFUL TODAY?

Just 30g of nuts a day, around a handful, can help you meet your daily nutrient needs¹ and maintain your health.²⁻⁸ In fact, science shows eating a handful of nuts five or more times a week can lower your risk of heart disease by 30-50%, reduce your risk of type 2 diabetes by around 25%, assist in managing your weight and reduce your risk of death from all causes by 20%.²⁻⁹

Australians Need To Be Nuttier

The latest data from the ABS Australia's Health Survey shows an increase in nut consumption of 60%, but we still fall far short of the ideal 30g a day.¹⁰ On average Australian eat just 5.2 grams of nuts a day¹⁰ and Nuts for Life research shows just 4% of Australians eat a handful of nuts a day.^{10,11}

Suggestions For Going Nuts

- 6am** – Add a healthy handful to add texture to muesli or porridge.
- 7am** – Missed breakfast? Nibble on nuts in the car or on the train to work
- 10am** – Spice up morning tea with a tub of yoghurt and mixed nuts
- 1pm** – Add some crunch to your lunch with crushed nuts on your sandwich or roll
- 3pm** – A healthy handful is the perfect low GI, afternoon pick-me-up
- 4pm** – Add an extra nutrition boost to an after school fruit smoothie by blending in a handful of nuts
- 5pm** – Relax with cheese and a handful of nuts with your favourite drink before dinner
- 7pm** – Add nuts to dinner stir fries, salads, pestos and sauces.
- 8pm** – Nuts are the perfect pairing for dessert. Simply sprinkle crushed nuts over ice cream and fruit
- 10pm** – Still a bit hungry? Snack on a healthy handful while watching TV

Selecting And Storing

Nuts in their shell: For best quality, select clean nuts free from cracks and holes. Nuts in the shell should be heavy for their size as this is a sign the kernel inside is fresh.

Nut kernels: Nuts do not need to be perfect or uniform in size wholes, halves and pieces are equally nutritious.

Once home, remove nuts from plastic bags and store them properly as indicated below.

Storing nuts: To keep nuts in the best condition, store them in an airtight container in the refrigerator or freezer. Nuts can be refrigerated up to 4 months and frozen up to 6 months.

WHAT'S IN A HEALTHY HANDFUL?

- 4 roasted chestnuts
- 9 walnut halves
- 10 Brazil nuts
- 15 cashews, pecans or macadamias
- 20 almonds or hazelnuts
- 30 pistachio kernels
- 2 tablespoons of pinenuts
- 30g of mixed nuts



For more inspiration check out the great recipes at www.nutsforlife.com.au or www.pinterest.com/nutsforlife

Cracking The Perfect Pairings



Almonds: Bone building calcium rich almonds are a versatile nut grown in SA, NSW, VIC, and WA. Crushed and slivered almonds are great for adding to sweet and savoury dishes, while blanched almonds are ideal for blending in soups and smoothies. For added crunch or a stronger flavour, try roasted almonds.



Brazil nuts: Imported from the Amazon, Brazil nuts are the number one dietary source of selenium, a powerful antioxidant for heart health. The soft texture and mild flavour of Brazil nuts makes them excellent for baking and they also make a delicious pairing with earthy flavours such as mushrooms.



Cashews: Cashews grow on the outside of cashew apples and are primarily imported into Australia with a small quantity grown in QLD. This sweet nut is a good source of plant iron. Cashews are synonymous with Asian cooking and also makes a tasty addition to salads and sandwiches.



Chestnuts: are grown in cooler regions of Australia and are in season from March to June. Once cooked, their creamy-white flesh is similar in texture to a roast potato with a delicate, sweet flavour. As a good source of low GI carbohydrates, this excellent gluten free alternative also works well in soups, casseroles, stuffings, pastas, cakes and desserts.



Hazelnuts: Vitamin E rich Hazelnuts are far more than a perfect partner for chocolate and desserts. Grown in NSW, VIC and TAS, this delicious nut is ideal sprinkled on vegetable dishes and in salads. Hazelnuts are a wonderful addition to chutneys, sauces and soups and make a scrumptious crust for lamb.



Macadamias: Macadamias are grown along the north eastern seaboard of Australia. The subtle buttery flavour and soft crunch of this native Australian nut means it pairs with many flavours. Match macadamias with tropical fruit, seafood, or try adding them to warm winter salads. Macadamias are the top nut source of healthy monounsaturated fats.



Pecans: Antioxidant rich pecans are grown in NSW and QLD with small amounts grown in SA and WA. Slightly sweeter than a walnut, this native North American nut is famously used in pecan pie. Aside from baking and desserts, pecans work well in stuffings and they love veggies whether paired in a salad or side dish.



Pine nuts: Pine nuts are grown in Victoria but mostly are imported. This nut is the hero of the pesto sauce and a staple in Mediterranean dishes. They are a popular ingredient in salads, especially when toasted to bring out their flavour. They are a great choice for vegetarians providing the important combination of plant iron and zinc.



Pistachios: Pistachios are grown in SA, VIC and WA and are easily identified by their gorgeous green to purple colours. Pistachios contain plant sterols to aid cholesterol lowering and are widely used in Middle Eastern, Indian and Italian cooking making a delicious addition to pilafs, stuffings, sauces, cakes, and ice creams.



Walnuts: Walnuts are grown in TAS, VIC and NSW, walnuts are divine with cheese, especially softer varieties like goats cheese. Often used in Mediterranean dishes, walnuts add crunch to pasta and salads, can be used in pestos, and are great for baking. Walnuts are one of the richest sources of plant omega 3s.

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