

# A HEALTHY HANDFUL DAILY

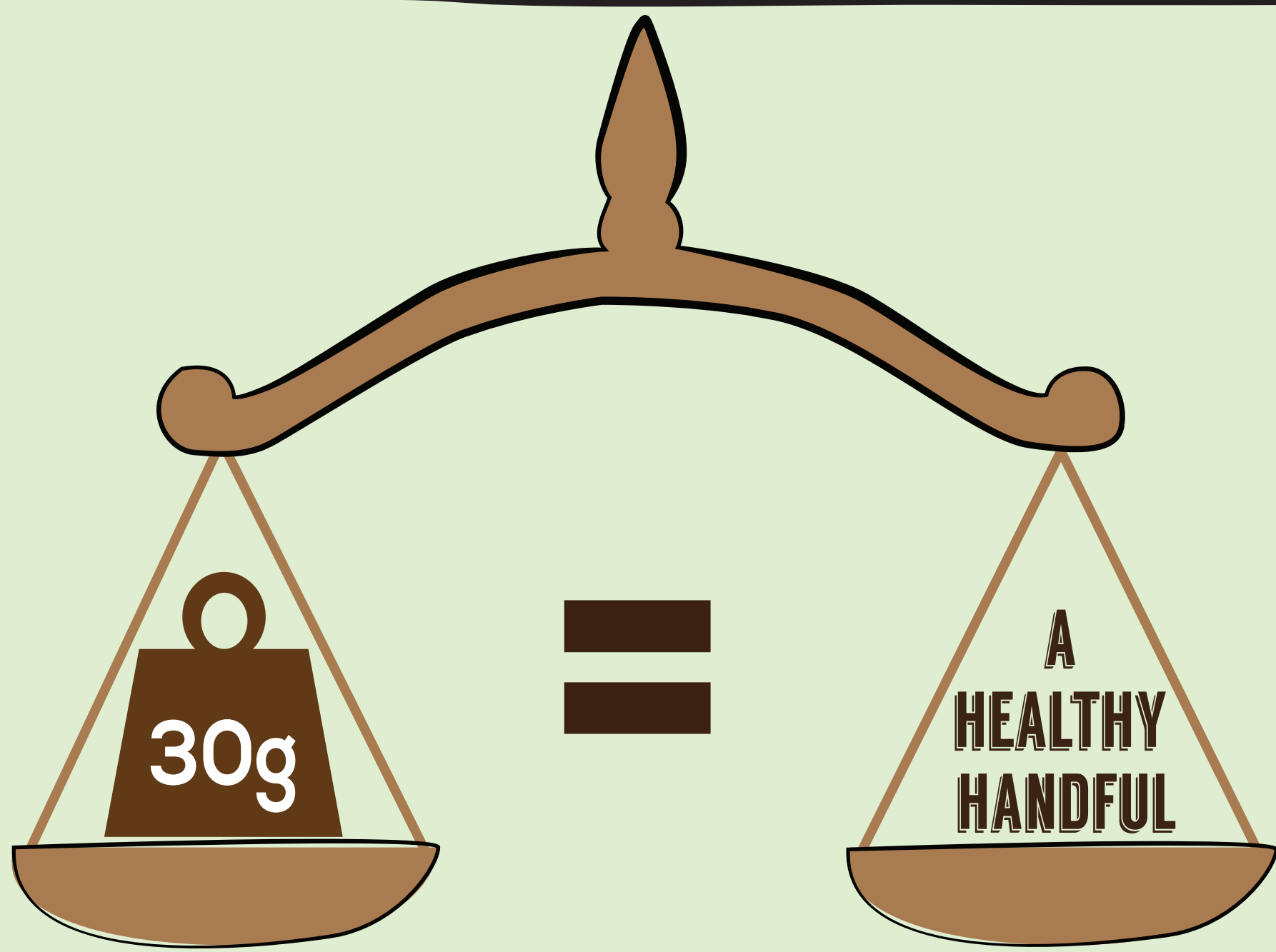


**LOWERS**  
RISK OF HEART DISEASE BY

**30% - 50%**



**REDUCES**  
RISK OF TYPE 2 DIABETES  
AND  
**DECREASES**  
LDL 'BAD' CHOLESTEROL



## A NUTRIENT PACKED HANDFUL

ANTIOXIDANTS    MAGNESIUM  
NON HAEM IRON  
POTASSIUM    PLANT STEROLS  
HEALTHY FATS    FIBRE  
VITAMIN E  
PROTEIN



**20** ALMONDS OR HAZELNUTS

**9** WALNUT HALVES

**10** BRAZIL NUTS

**4** CHESTNUTS

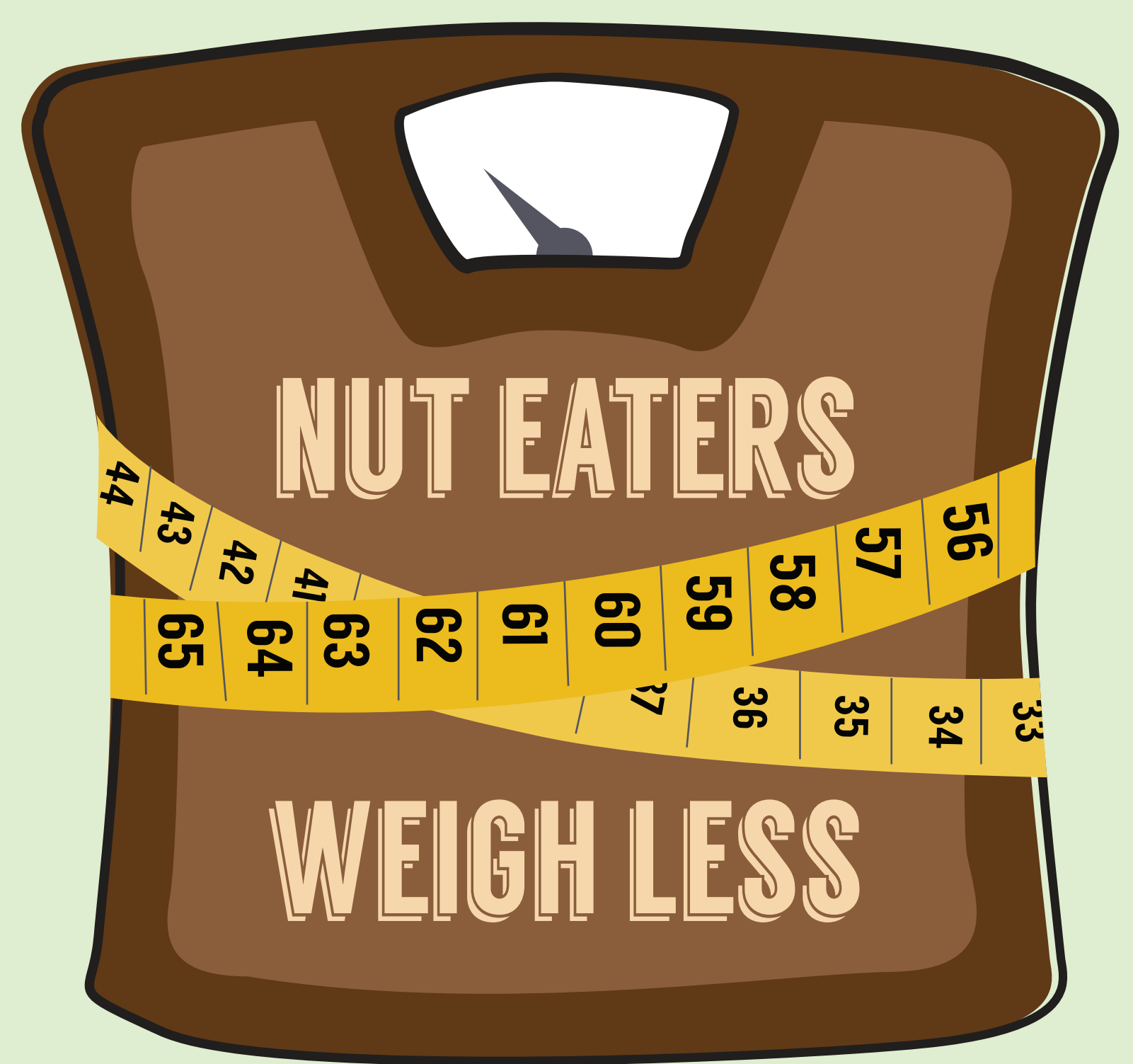
**15** CASHEWS OR PECANS OR MACADAMIAS

**2** TBS PINE NUTS

**30** PISTACHIOS OR 30g OF MIXED NUTS

**NUTS LOWER GI**

ADD A HANDFUL OF  
**NUTS**  
AND STAY FULLER FOR LONGER



**A HEALTHY HANDFUL IN A HEALTHY DIET HELPS MANAGE BODY WEIGHT**

**ONLY 4%** OF AUSTRALIAN ADULTS EAT A HEALTHY HANDFUL DAILY



For references  
[www.nutsforlife.com.au](http://www.nutsforlife.com.au)

