GO NUTS FOR HEART HEALTH

Nuts deliver sustainable long-term health benefits.

A DAILY NUT HABIT

can reduce total cholesterol and LDL “bad” cholesterol. Nuts improve bad/good cholesterol ratio – a warning sign of heart disease.

30g or a handful of nuts a day is recommended for heart health.

A HANDFUL A DAY reduces the risk of death from coronary heart disease and cardiovascular disease by 25-50%.

NUTS CONTAIN HEART HEALTHY fats, fibre, phytosterols, phytochemicals, arginine, Vitamin E and potassium, while low in sodium.

EATING NUTS DOES NOT CAUSE WEIGHT GAIN

Studies show no increase in weight, BMI, and waist size.

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www.nutsforlife.com.au @nutsforlife

ENJOY A 30g HEALTHY HANDFUL TODAY