



A DAILY NUT HABIT

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



GO NUTS FOR HEART HEALTH



EATING NUTS DOES NOT CAUSE WEIGHT GAIN



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


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 deliver sustainable long-term health benefits

NUTS CONTAIN HEART HEALTHY

fats, fibre, phytosterols, phytochemicals, arginine, Vitamin E and potassium, while **low in sodium**

ENJOY A 30g HEALTHY HANDFUL TODAY

