NUT EATERS WEIGH LESS

HERE ARE 5 REASONS WHY

1. **ADDED CRUNCH**
   Crunching on nuts sends satiety signals from your brain.

2. **YOU ABSORB LESS FAT**
   The fibrous cell walls in nuts stops our bodies from absorbing up to 20% of the fat in nuts.

3. **BOOST METABOLISM**
   Regularly eating nuts can boost your resting metabolic rate by 5-10%.

4. **STAY FULLER FOR LONGER**
   Snack on nuts and you’ll eat less over the course of the day.

5. **STOP HUNGER**
   High in protein, fibre and unsaturated fats to suppress hunger.

ENJOY A 30g HEALTHY HANDFUL TODAY

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