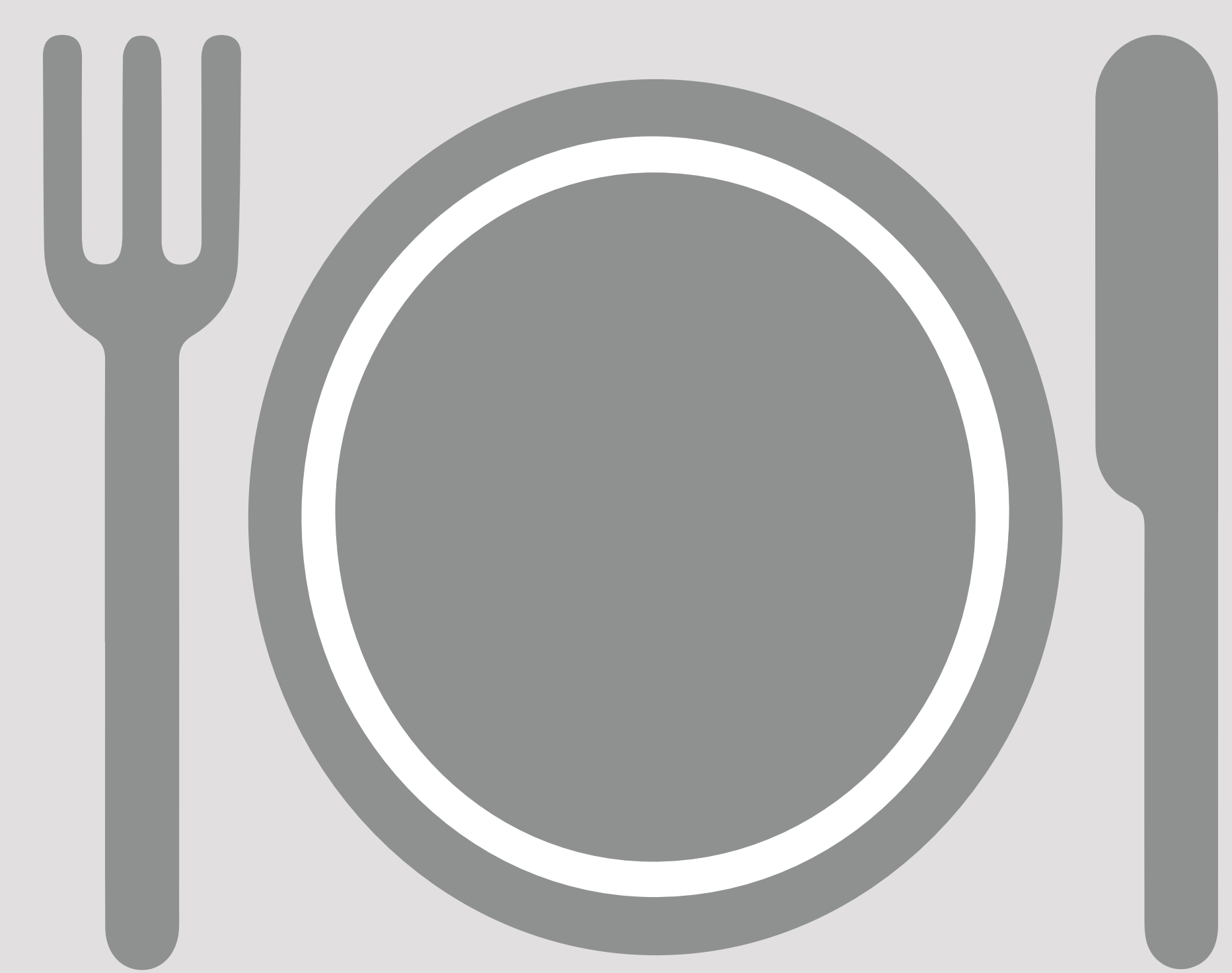


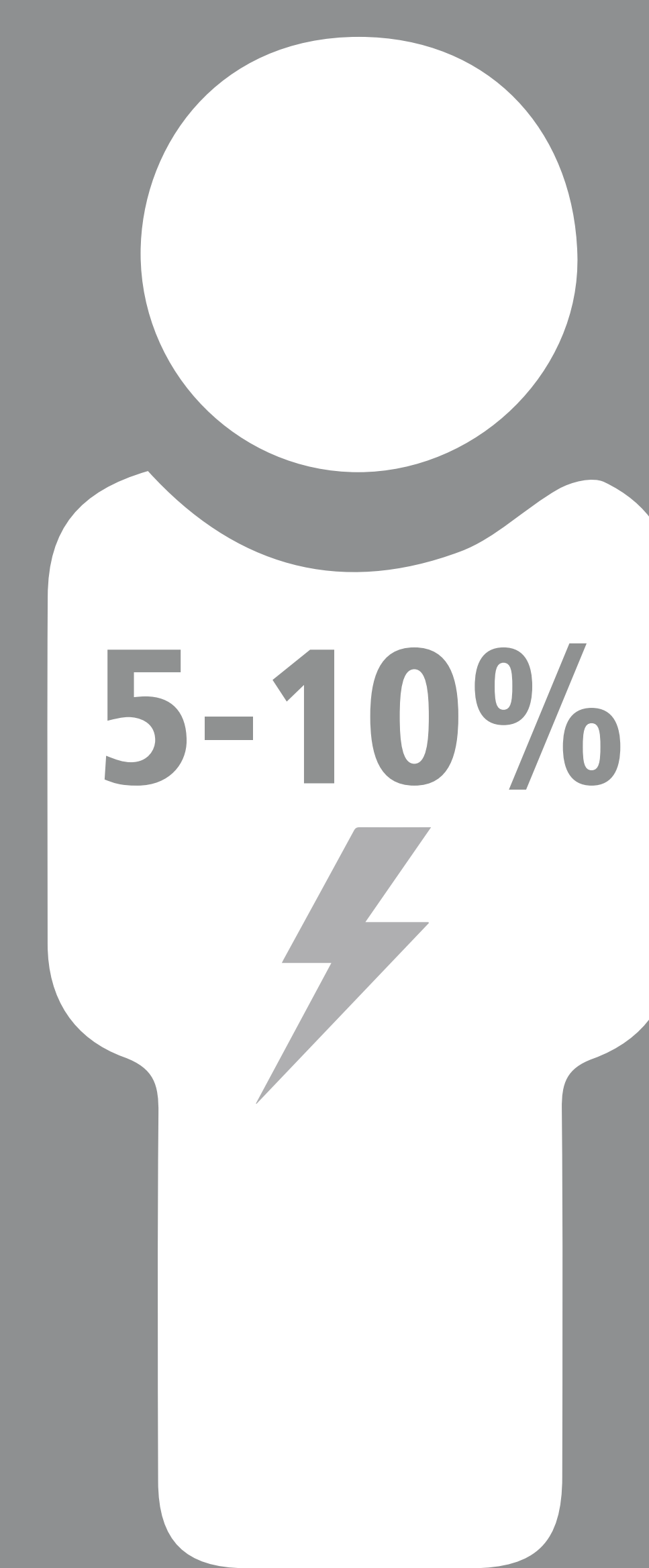
## STAY FULLER FOR LONGER

Snack on nuts and you'll eat less over the course of the day



## BOOST METABOLISM

Regularly eating nuts can boost your resting metabolic rate by 5-10%



# NUT EATERS WEIGH LESS

## HERE ARE 5 REASONS WHY



## ADDED CRUNCH

Crunching on nuts sends satiety signals from your brain

## YOU ABSORB LESS FAT



The fibrous cell walls in nuts **stops** our bodies from **absorbing** up to **20% of the fat in nuts**



**High** in protein, fibre and **unsaturated fats** to suppress hunger

ENJOY A 30g HEALTHY HANDFUL TODAY

