



IDEAL AFTER SCHOOL SNACK

Try nut butters or add a handful of nuts to trail mix, smoothies, muffins, or dips.

BETTER BMI



Teenagers that regularly eat nuts have a healthier weight



LET THE KIDS GO NUTS



TINY TICKERS

Children who eat healthy diets including nuts have reduced heart disease risk factors

IDEAL SNACK 4 MUMS 2 BE

Eating nuts daily during the 1st trimester of pregnancy may reduce the risk of neural tube defects by

37%



are nutrient-rich and packed with folate, fibre, iron, calcium, protein & healthy fats.

HOW TO GO NUTS

Nut butters or pastes can be introduced from



Save whole nuts until children reach **3 years** to reduce the risk of choking

SMART START

Add nuts to cereal for a great start to the school day



ENJOY A 30g HEALTHY HANDFUL TODAY

