

PREDIMED

World's largest study on the Mediterranean diet



IN A NUTSHELL - RESULTS FOR MEDIT DIET + 30G HANDFUL OF NUTS A DAY

Study Stats:

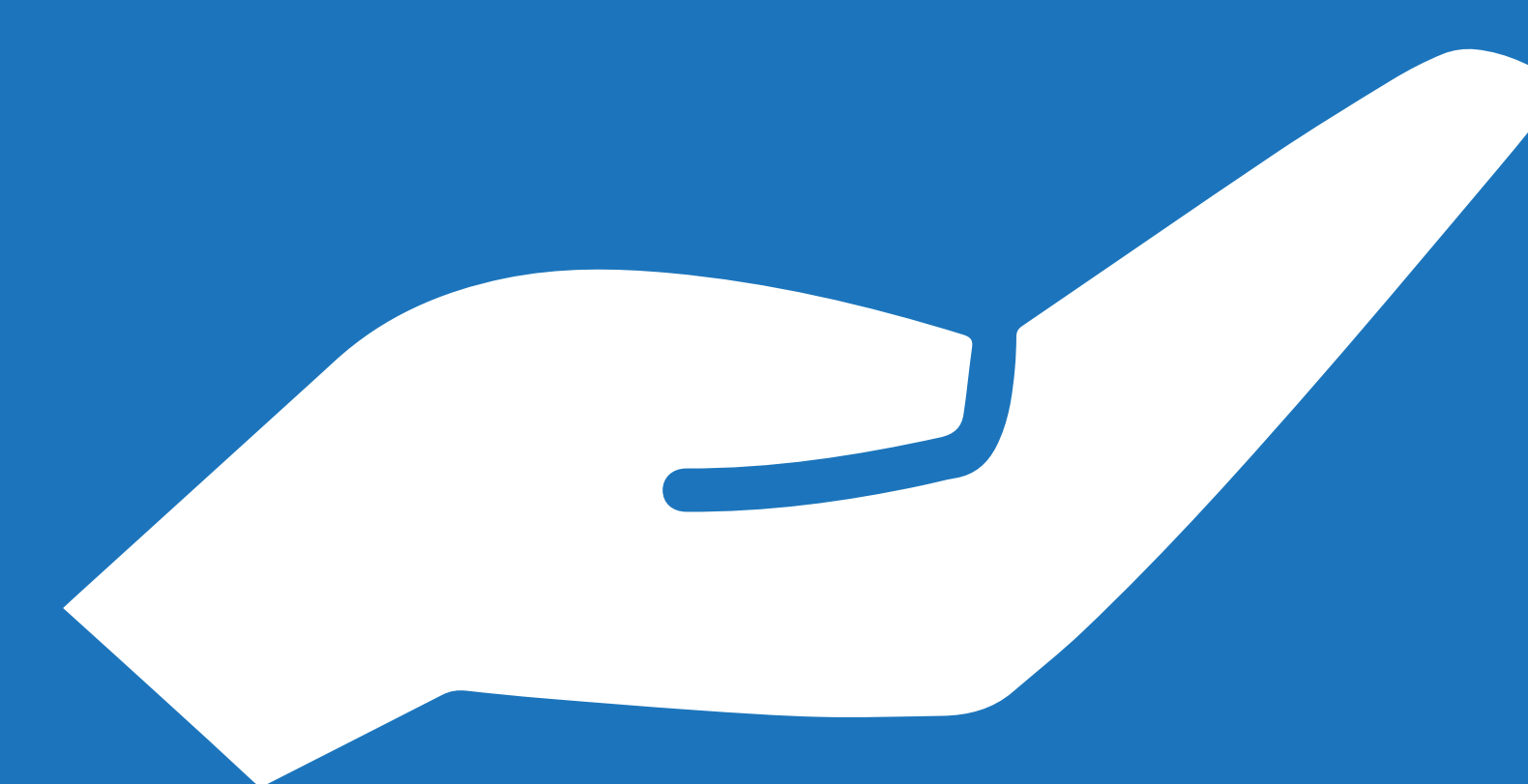


7447 people

aged 55+, at risk of heart disease, followed for nearly 5 years



Reduced risk of heart attacks, stroke & death from heart disease with with 30g nuts daily



BETTER HEART HEALTH



Reduced blood pressure and bad LDL cholesterol

DECREASED BMI AND WAIST CIRCUMFERENCE



REVERSE

PREVALENCE OF METABOLIC SYNDROME BY

14%

AFTER 1 YEAR



IMPROVED INSULIN RESISTANCE

TYPE 2 DIABETES

18%

reduced risk

after 4 years on Medit diet + 30g nuts daily



ENJOY A 30g HEALTHY HANDFUL TODAY



References available at www.nutsforlife.com.au/resources/literature-reviews-summaries

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