

NEW research from American Journal of Clinical Nutrition

December 2015



IN A NUTSHELL

Meta analysis study stats: 61 controlled trials with

 **2,582 people**

aged over 18 years without heart disease, followed from 3 weeks to 6 months,
most commonly eating 56g nuts daily (range 5-100g)

It doesn't matter what type of
nuts or diet nuts are added to –
all have similar effects

WHAT ONE HANDFUL A DAY CAN DO FOR YOU:



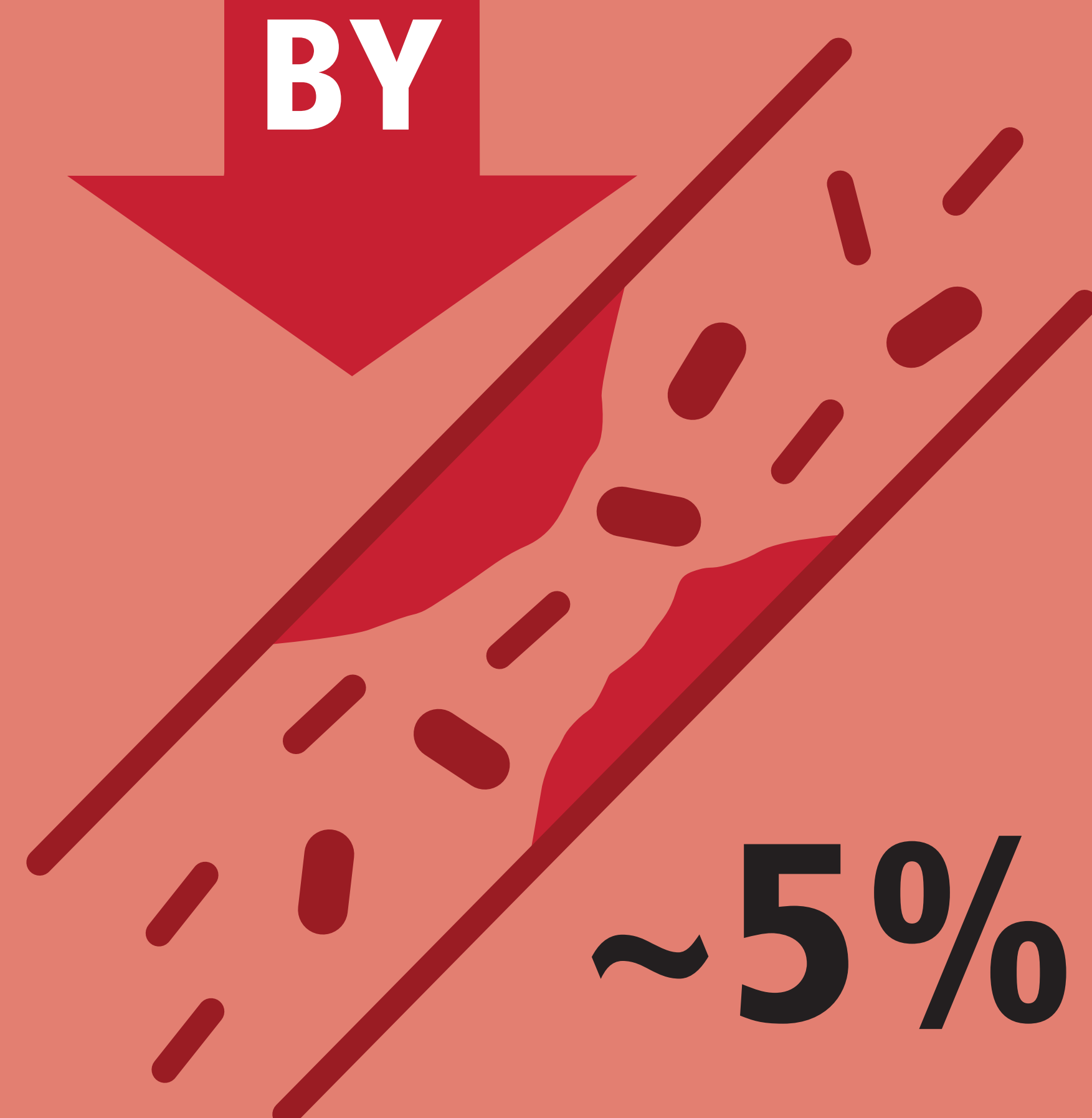
REDUCE
TOTAL CHOLESTEROL BY

~5%



LOWER
LDL CHOLESTEROL

BY



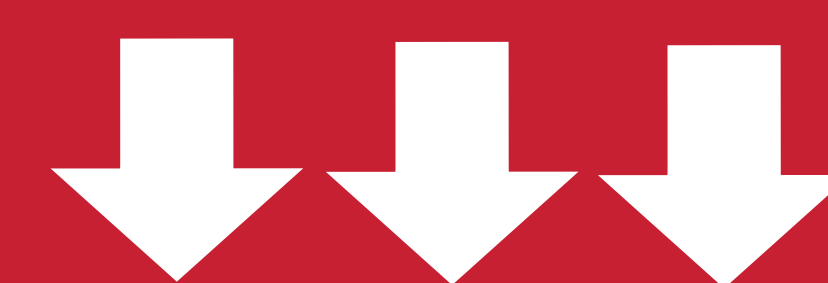
~5%

APOLIPOPROTEIN B

BY **~4%**

(APO B THE MAIN PROTEIN IN
LDL WAS EVEN FURTHER

REDUCED



IN THOSE
WITH

TYPE 2
DIABETES

RESEARCHERS PREDICT
THIS EQUALS A

= 5% ↓

**DROP
IN CVD RISK**

DROP TRIGLYCERIDE LEVELS
IN THE BLOOD STREAM BY

~2%



ENJOY A 30G HEALTHY HANDFUL OF YOUR FAVOURITE NUTS TODAY

