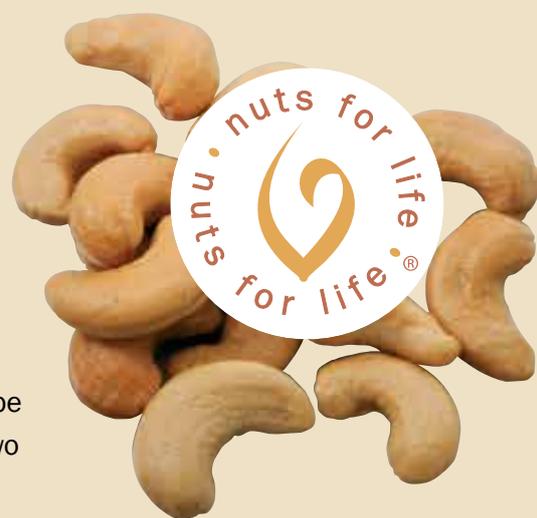


# Cashews

**Cashews** are an unusual nut. They are a seed that is grown on the outside of the cashew apple. The **cashew** shell contains a natural chemical acid so cashews are never sold in shells. The kernel inside is packed with vitamins, minerals, antioxidants and phytochemicals beneficial to health. Like fruits and vegetables, nuts should be included in a healthy daily diet. Enjoying a handful of nuts (30g) regularly may reduce your risk of heart disease and type 2 diabetes and can help with weight management.<sup>1-5</sup> So remember to eat two serves of fruit, five serves of veggies and a handful of nuts every day.

A 30g serve of **cashews** is about 15 nuts.



## Nutrition and health benefits of cashews

Here's why you should include cashews in your healthy daily diet:

- **Rich in monounsaturated fat** – cashews are rich in healthy unsaturated fats like other nuts and most of the fat comes from heart healthy monounsaturated fats (63% of total fat).<sup>6</sup>
- **Reduces heart disease risk** – eating a handful of nuts at least five times a week, including cashews, can reduce the risk of heart disease by 30–50%.<sup>1-5</sup> This can be

## Nutrient content of natural cashews<sup>6</sup>

Nutrient	Per 100g
Energy (kJ)	2437
Protein (g)	17.0
Arginine (g)	2.1
Fat, total (g)	49.2
Fat, saturated (g)	8.4
Fat, monounsaturated (g)	31.1
Fat, polyunsaturated (g)	7.5
Carbohydrate, total (g)	16.8
Carbohydrate, sugars (g)	5.5
Glycemic Index <sup>12</sup>	25
Dietary fibre (g)	5.9
Sodium (mg)	11.0
Potassium (mg)	550
Magnesium (mg)	250
Phosphorus (mg)	530
Iron (mg)	5.0
Zinc (mg)	5.5
Copper (mg)	1.9
Manganese (mg)	1.4
Folate (µg)	25
Vitamin E (mg)	0.7
Total polyphenols (mg GAE) <sup>13</sup>	269

attributed to their content of healthy fats, dietary fibre, arginine, magnesium and antioxidant minerals including copper, manganese and zinc.<sup>6</sup>

- **A source of low-Glycemic Index (GI) carbohydrate** – cashews have a low GI value of 25. A low-GI diet can help to manage blood glucose and insulin levels and may also reduce the risk of type 2 diabetes and heart disease.<sup>7-8</sup>
- **Helps with weight management** – although high in fat, research has found that those eating cashews (and other nuts) are more likely to have a healthy BMI – a measure of weight compared to height.<sup>1-5</sup> Those watching their waist should include nuts in their diet to help appetite control. Nuts such as cashews also add enjoyment to a weight management diet because of their great texture and taste.<sup>9</sup>
- **A good source of plant protein** – cashews provide around 5g of protein per handful.<sup>6</sup> Combined with their iron and zinc content, this makes cashews an ideal choice for vegetarians or anyone wanting to eat less animal protein.
- **Contains plant iron** – a 30g serve of cashews provides around 12% of the recommended daily intake of iron.<sup>6</sup> Plant source of iron are not as well absorbed. Increase the absorption of plant iron from nuts by combining with vitamin C rich foods such as tomato capsicum, broccoli, citrus fruit or juices.<sup>10</sup>
- **A source of zinc** – you can get around 12% of the recommended daily intake of zinc from a handful of cashews.<sup>6</sup> Zinc plays many roles in the body but is particularly important for healthy skin and hair, reproduction and a healthy immune system.<sup>10</sup>

- **A source of magnesium, important for bone health.** A handful of cashews supplies around 20–25% of daily requirements.<sup>6</sup> Magnesium also plays a vital role in energy generation.<sup>10</sup>
- **A source of copper** – a handful (30g) of cashews provides more than 20% of the recommended daily intake.<sup>6</sup> Copper is part of several different enzymes in the body. It helps the body use iron and is important for nerve function, bone growth, and glucose metabolism. Copper also acts as an antioxidant, protecting cell membranes from harmful free radicals.<sup>10</sup>
- **Naturally low in chemicals** – cashews are the one nut that people following an elimination diet for food intolerance are allowed. Cashews have low levels of natural food chemicals that some may be intolerant too. They are best eaten raw as roasting can increase the levels of these chemicals.<sup>11</sup>

*continued next page*

For further information on the nutritional benefits of nuts and for recipes visit

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Go Nuts for Health.



# Cashews



## Indian beef cashew pilaf

1 tablespoon low fat natural yoghurt  
2 teaspoons basic Indian curry powder  
2 tablespoons water  
450g lean rump steak, trimmed and cut into 1.5cm pieces  
½ onion, chopped  
½ teaspoon cumin seeds, toasted  
1¼ cup basmati rice  
1 cup salt reduced chicken stock  
2 cups water, extra  
200g canned chickpeas  
1 tablespoon sultanas  
1 tablespoon whole cashews  
1 cup toasted whole cashews  
1 tablespoon toasted pinenuts  
½ cup chopped coriander  
1 lebanese cucumber, finely diced  
200g low fat natural yoghurt, extra

In a large bowl mix together yoghurt, curry powder and water. Add the beef and marinate for 1–2 hours.

Heat a little cooking oil spray in a non stick frying pan over medium low heat. Cook the beef in batches, until just browned on the outside (but not cooked through). Remove and set aside.

Wipe out the pan and spray with cooking oil spray. Cook the onion and cumin seeds for 8–10 minutes or until well browned. Remove from heat.

Place the rice in a pan with the onion mixture, stock and extra water. Simmer until liquid is all absorbed.

Place meat on top of rice, along with chickpeas. Cover, remove from the heat and stand for 10 minutes. Stir meat and chickpeas through rice, with sultanas, nuts and coriander. Serve with cucumber yoghurt.

Serves 6.  
10g nuts per serve (⅓ of a handful)

### Nutrient content per serve

Energy 1610kJ, Protein 25g, Fat 10g, (Saturated fat 2g), Carbohydrate 46g, Sugars 6g, Fibre 3g, Sodium 265mg

## Buying and storage tips

When choosing nuts, look for crisp, plump kernels. Store nuts in an airtight container in the refrigerator or freezer. Nuts can be refrigerated for up to 4 months and frozen for up to 6 months. Return nuts to room temperature before eating to bring back their nutty taste profile.



## 6 ways to include cashews in your diet

- Make your own cashew nut butter by processing cashew nuts in a food processor – use in place of butter on wholegrain toast or crackers.
- Cashews add a great finishing touch to any stir-fry.
- Serve roasted cashews as a side dish with your favourite curry; or sprinkled on top.
- For a tasty variation add cashews to your usual satay sauce.
- Process cashews with a little water to moisten in a blender and use in place of coconut milk for a creamy curry without all the saturated fat.
- A handful of freshly roasted cashews make the perfect pre-dinner snack.

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