Hazelnuts

Hazelnuts are a chocolate connoisseur’s delight, featuring in chocolate pralines and truffles, but like other tree nuts, fruits and vegetables, hazelnuts are packed with a wide range of vitamins, minerals, antioxidants and phytochemicals beneficial to health and for disease prevention.

Nutrition and health benefits of hazelnuts

Hazelnuts have a variety of nutrients and health effects making them a worthwhile addition to a heart healthy diet:

• A rich source of healthy fats – hazelnuts contain mostly healthy monounsaturated fats (79% of total fat), and have a lower proportion of saturated fat (4% of total fat).6

• High in dietary fibre – with their burnished brown coats a 30g serve of hazelnuts provides more than 10% of the recommended dietary intake of fibre.6

• Contains folate – a 30g serve of hazelnuts contains 17% the RDI for folate. Folate contributes to tissue growth during pregnancy.7

• Improves blood cholesterol and triglycerides – a diet containing 40g of hazelnuts each day has been shown to improve blood fats better than a low-fat diet, resulting in a significant fall in triglycerides and cholesterol, and an increase in the ‘good’ HDL cholesterol.17

Another study found eating 1g of hazelnuts per kilogram of body weight per day reduced the oxidation of ‘bad’ LDL cholesterol which can stick to artery walls obstructing blood vessels.18

For further information on the nutritional benefits of nuts and for recipes visit [www.nutsforlife.com.au](http://www.nutsforlife.com.au)

Follow us @nutsforlife or like us [www.facebook.com/nuts4life](http://www.facebook.com/nuts4life)

or for specific information on hazelnuts go to [www.hazelnuts.org.au](http://www.hazelnuts.org.au)

Nuts for Life has been funded by Horticulture Innovation Australia Limited with co-investment from members of the Australian Tree Nut Industry and funds from the Australian Government.

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• A combination of the healthy fats, antioxidants, vitamin E, copper, manganese, fibre and arginine in hazelnuts, and their antioxidant and cholesterol lowering effects, may help explain why hazelnuts maintains heart health.

Hazelnuts also ...

• Help with weight loss – although high in fat, research has found that eating nuts does not lead to weight gain and in fact may help with weight management.1-14

One study found that eating 40g of hazelnuts per day led to a reduction BMI and amount of body fat despite having a higher energy intake.17 Another study found that a traditional Mediterranean diet including nuts (30g/day of almonds, walnuts and hazelnuts) did not result in a change in body weight or waist circumference when compared to a lower-fat diet despite the higher fat and energy intake.20

• Are gluten free – hazelnut meal is a great gluten free alternative to wheat flour for those with Coeliac disease. Hazelnut meal that includes the hazelnuts skins adds a dose of fibre to gluten free diets which often lack fibre.

Buying and storage tips
When choosing nuts, look for crisp, plump kernels. If buying hazelnuts in shell, select clean nuts free from cracks and holes. To keep nuts in the best condition, select clean nuts free from cracks and holes. If buying hazelnuts in shell, select clean nuts free from cracks and holes.

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8 ways to include hazelnuts in your diet

➤ Team them with cranrais (dried cranberries) for a tasty antioxidant rich snack.
➤ Sprinkle roughly chopped hazelnuts on your breakfast cereal.
➤ Crush hazelnuts and add to tomato based pasta sauces.
➤ Mix with berries and add to your favourite muffin recipe.
➤ Hazelnut meal or ground hazelnuts make a great gluten free cake or torte.
➤ Top chicken or fish with a mixture of finely chopped hazelnuts, breadcrumbs and your favourite freshly chopped herbs.
➤ Fold ground hazelnuts into meringue mixture to make tasty hazelnut macaroons.
➤ Shape reduced fat cream cheese into balls and roll in chopped hazelnuts for an interesting twist to your usual cheese platter.

References