

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. Enjoying a handful of nuts (30g) regularly as part of a healthy diet may reduce your risk of heart disease and type 2 diabetes and can help with weight management.¹⁻⁵ Remember to eat two serves of fruit, five serves of veggies and a handful of nuts every day. A 30g serve of **hazelnuts** is equivalent to about 20 nuts. Have you had yours today?



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
⁷ A high-fibre diet can benefit heart and digestive health and help manage blood glucose levels.⁸ Eating more fibre can

Nutrient content of natural hazelnuts⁶

Nutrient	Per 100g
Energy (kJ)	2689
Protein (g)	14.8
Arginine (g)	2.2
Fat, total (g)	61.4
Fat, saturated (g)	2.7
Fat, monounsaturated (g)	48.8
Fat, polyunsaturated (g)	7.2
Alpha Linolenic Acid (mg)	120
Carbohydrate, total (g)	5.1
Carbohydrate, sugars (g)	4.4
Dietary fibre (g)	10.4
Sodium (mg)	3.0
Potassium (mg)	680
Iron (mg)	3.2
Zinc (mg)	2.2
Copper (mg)	1.5
Manganese (mg)	3.5
Vitamin E (mg)	16.0
Total polyphenols (mg GAE) ²¹	835

also assist with weight management by keeping you feeling full for longer.⁸

- **An excellent source of vitamin E** – hazelnuts contain significant amounts of vitamin E.⁶ A 30g serve provides 45% of the recommended daily intake of this vitamin.^{6,7} Vitamin E is an important fat-soluble vitamin and antioxidant which may help reduce the risk of heart disease.⁹
- **Rich in antioxidants and phytochemicals** – hazelnuts are a rich source of antioxidants, particularly the hazelnut skins.¹⁰⁻¹⁴ Protective plant compounds such as phenolic acids and flavanols may help to protect against chronic disease. Hazelnuts have a high antioxidant capacity 9645 umol TE/100g as measured by ORAC.²¹
- **Contains plant omega-3 fats** – while having only small amounts (120mg/100g), hazelnuts are one of the few plant foods which contain short-chain omega-3 fats – alpha-linolenic acid (ALA)⁶ – which has heart health properties.¹⁵ Long chain omega-3s are mostly found in fish and seafood.
- **A source of plant protein** – particularly the amino acid arginine.⁶ Hazelnuts contain around 15g protein per 100g⁶ so are good for vegetarians and those wanting to reduce their intake of animal protein foods. Arginine, a protein building block, is converted to nitric oxide in the body, which causes blood vessels to dilate and remain elastic.¹⁶ This may play a role in maintaining a healthy blood pressure.²²
- **A source of copper and manganese** – a 30g handful of hazelnuts provides 15% of RDI for copper and 21% of RDI for manganese.⁶ While needed in small

amounts these trace elements play an important role in health. Copper is part of several different enzymes in the body. It helps the body use iron and is important for nerve function.⁷ Manganese is involved in bone formation and carbohydrate metabolism.⁷ They can also act as antioxidants, protecting cell membranes from harmful free radicals.⁷

- **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

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For further information on the nutritional benefits of nuts and for recipes visit www.nutsforlife.com.au Follow us @nutsforlife or like us www.facebook.com/nuts4life or for specific information on hazelnuts go to www.hazelnuts.org.au

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Go Nuts for Life.
Go Nuts for Health.



Hazelnuts



- 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.¹⁻⁴ 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, store them 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. Bring nuts back to room temperature before eating.



8 ways to include hazelnuts in your diet

- Team them with raisins (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 hazelnuts macaroons.
- Shape reduced fat cream cheese into balls and roll in chopped hazelnuts for an interesting twist to your usual cheese platter.

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