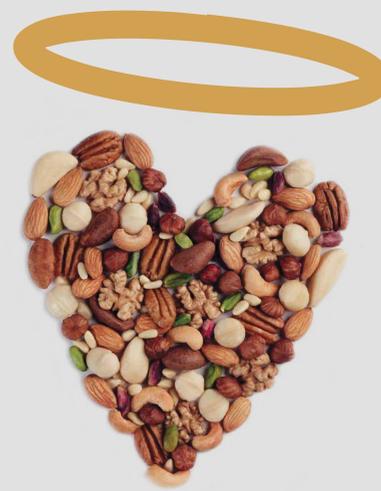


# NUTS DESERVE THE SAME HEALTH HALO AS VEGETABLES



ACCORDING TO AIHW<sup>1</sup>, A DIET LOW IN NUTS AND SEEDS ACCOUNTS FOR THE FOLLOWING COST BURDEN OF DISEASE:



HEART DISEASE VS 10% FOR A DIET LOW IN VEGETABLES



7.4% DIABETES



1.4%

ALL DISEASE & INJURY THE SAME AS A DIET LOW IN VEGETABLES

YET, AUSTRALIANS ARE EATING AN AVERAGE OF JUST 6g OF NUTS A DAY<sup>2</sup>

AUSTRALIAN DIETARY GUIDELINES RECOMMEND



REDUCES HEART DISEASE RISK, DIABETES RISK, MORTALITY<sup>3</sup>



TO LOWER CHOLESTEROL (META-ANALYSIS)<sup>4</sup>

## SO, WHY IS IT SO EASY FOR US TO RECOMMEND PEOPLE EAT MORE VEGETABLES BUT NOT EAT MORE NUTS ?

References: 1) AIHW 2016. Aust Burden of Disease Study: Impact and causes of illness and death in Aust 2011. 2) Afshin A et al. Am J Clin Nutr. 2014 Jul;100(1):278-88. 3) Mayhew AJ et al. Br J Nutr. 2016 Jan 28;115(2):212-25. 4) Del Gobbo LC et al. Am J Clin Nutr. 2015 Dec;102(6):1347-56.



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