

Nuts – Health Benefits and Facts

A FACTSHEET FOR CLIENTS AND PATIENTS

Nuts, like fruit and vegetables, are a vital part of a healthy diet and should be enjoyed every day.

Nuts are a nutrient dense food, rich in essential vitamins, minerals, mono- and polyunsaturated fatty acids, protein, fibre and phytochemicals. All nuts are gluten-free, naturally low in sodium, and contain no added sugars. Their unique combination of nutrients is one possible reason why they have been linked to a whole host of health benefits, enhancing life and reducing chronic disease risk.

Evidences shows that regularly eating nuts reduces the risk of:

- heart disease
- type 2 diabetes
- overweight and obesity
- cancer
- depression

and supports:

- brain health
- better diet quality



Let's crack open some nut specifics.

Almonds

Are rich in Vitamin E, with just a handful (30g, or about 20 nuts) providing over 80% of the Recommended Dietary Intake (RDI). Vitamin E is a fat-soluble vitamin and an antioxidant which can help maintain a healthy heart.

Brazil nuts

An excellent source of selenium, a vital mineral and antioxidant for a healthy immune system and reducing the risk of heart disease. Just two Brazil nuts can provide your entire daily intake of selenium.



Cashews

Contain the highest amount of iron and zinc of all the tree nuts for a healthy immune system. They also have a low GI, which helps to manage blood glucose levels.

Chestnuts

Low in total and saturated fat, and are the only nuts that contain vitamin C – an antioxidant vitamin important for wound healing.

Hazelnuts

The highest in fibre of all the nuts – with a serve providing over 10% of the RDI. Fibre is important for a healthy digestive system.

Macadamias

Australia's native nut, macadamias are a very rich source of healthy monounsaturated fats. Monounsaturated fats can help to reduce cholesterol levels, which can help keep your heart healthy.

Pecans

Are a rich source of antioxidants – which help protect the body from free radical damage.

Pine nuts

An excellent source of manganese for bone formation and a source of niacin for energy production.

Pistachios

Contain the highest amount of vitamin B6 of all the nuts – important for energy production, and are one of the few nut sources of resveratrol, an antioxidant more commonly found in red wine which appears to have anti-ageing and cardioprotective properties.

Walnuts

One of the few plant sources of Omega-3 fats for healthy blood vessels, healthy cholesterol levels and a healthy heart.

*Enjoy
a healthy
handful
every day!*

Substitute hazelnut meal with almond meal or finely ground macadamias if desired.

Hazelnut, blueberry and banana pikelet

1/3 cup (50g) hazelnut meal
3/4 cup (120g) self raising flour
1 over-ripe banana, mashed
2 eggs, lightly beaten
1/4 cup (60ml) full cream milk
1/3 cup (55g) blueberries

SERVES 4

1. Sift the hazelnut meal and flour in a large bowl. Set aside.
2. In another bowl, combine the mashed banana, eggs and milk. Gently whisk the banana mix into the dry mix and then fold the blueberries through. Set aside for 10 minutes.
3. Heat a large non-stick frying pan over medium heat. Wipe a little butter or oil over the surface then add tablespoons of mixture to the pan, allowing space for spreading. Cook for 2–3 minutes or until bubbles form, then gently turn and continue cooking pikelets until golden and cooked through. Remove from pan and continue cooking in batches with remaining batter, wiping oil over the pan between batches.
4. Serve pikelets warm or cold, spread with jam or nut butter or drizzled with berry compote.

Nutrient content per serve (12g nuts/serve)
Energy 1005kJ, Protein 8.7g, Fat 11.1g (Saturated fat 1.6g),
Carbohydrate 25g, Sugars 7g, Fibre 3g, Sodium 207mg

A healthy handful of nuts each day supports good health

- Reduces your risk of heart disease
- Maintains a healthy weight
- Reduces your risk of diabetes

For further information on nuts and health refer to www.nutsforlife.com.au or follow us on social media
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