

NUTS ARE CONSIDERED ONE OF NATURE'S NUTRITIONAL POWERHOUSES

Nuts are a nutrient-rich whole plant food – packed with protein, dietary fibre, healthy fats, essential vitamins and minerals, antioxidants, as well as other bioactive compounds.

They are naturally gluten-free, low in sodium, and contain no added sugar.

In the context of a healthy diet, regularly eating nuts is linked with:

- Reduced risk of cardiovascular disease and coronary heart disease¹
- Better weight control²
- Reduced risk of some cancers, and of dying from cancer³
- Reduced risk of developing and improved management of type 2 diabetes⁴
- Gut health benefits⁵
- Cognitive (brain) health benefits^{6,7}
- Reduced risk of depression⁸
- Improvements in fertility⁹
- Reduced risk of death from all causes¹

Tips for getting more nuts into your day

- Blend nuts into smoothies
- Throw them into salads, stir-fries, pastas and risottos
- Dip veggies sticks or apple into nut butters and pastes
- Add crunch to breakfast by adding them to cereal or sprinkled over toast or yoghurt
- Make home-made nut-based pesto
- Add nuts to baking, such as bread and muffin recipes
- Mix your own trail mixes with your favourite nuts and dried fruit
- Simply enjoy a handful as an 'anytime' snack

WHAT DOES A 30G SERVE OF NUTS LOOK LIKE?



A handful
of nuts



1/4 cup
of nuts



2 tbsp
of nut butter

For a mix of nutrients, opt for a variety of different nuts

AIM FOR A 30G SERVE OF NUTS, EVERY DAY

References

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NUTRIENT COMPOSITION OF NUTS



Nuts are nutrient-dense to promote good health.
Enjoy a handful every day.



NUTRIENT COMPOSITION OF RAW, UNSALTED NUTS

		Macronutrients										Minerals										Vitamins							Other	
Per 100g		Energy (kJ)	Protein (g)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g)	Omega-3 fat as ALA (mg)	Carbohydrate total (g)	Carbohydrate sugars (g)	Dietary fibre (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Magnesium (mg)	Manganese (mg)	Phosphorus (mg)	Potassium (mg)	Selenium (µg)	Sodium (mg)	Zinc (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Folate DFE (µg)	Vitamin B6 (mg)	Vitamin E (mg)	Arginine (g)	Plant sterols (mg)*	
	Almond	2386	19.7	50.5	3.8	30.7	12.8	0	5.4	5.2	11	267	0.9	3.8	268	3	520	789	1.5	0	3.6	0.2	0.07	4.5	37	0.1	27.8	2.3	197	
	Brazil nut	2886	14.4	68.5	14.8	21.8	29.0	20	2.4	2.1	8.5	150	2.0	2.2	350	0.8	660	560	1917	2	4.1	0.6	0.4	0.6	22	0.3	5.3	2.1*	124	
	Cashew	2540	17.0	49.2	8.4	31.1	7.6	70	22.9	5.5	5.9	34	1.9	5.0	250	1.4	530	550	33	11	5.5	0.6	0.2	1.8	25	0.4	0.7	2.0	151	
	Chestnut (roasted)	765	3.4	1.2	0.2	0.2	0.6	1	35.7	7.4	8	18	0.3	0.8	40	1.9	83	522	0	0	0.5	0.2	0.1	1.4	193	0.8	0.5	DU	DU	
	Hazelnut	2689	14.8	61.4	2.7	48.8	7.2	120	5.1	4.4	10.4	86	1.5	3.2	160	3.5	310	680	1	3	2.2	0.4	0.2	2.2	113	0.6	16	2.2*	122	
	Macadamia	3086	6.5	76.7	11.8	57.2	1.4	70	4.6	4.6	7.9	51	0.4	1.7	110	4.1	200	370	11	1	1.1	0.3	0.1	0.9	22	0.3	0	1.4*	116	
	Peanut	2376	24.7	47.1	8.2	32.7	3.9	0	8.9	5.1	8.2	54	0.8	2.3	160	1.7	370	540	12	1	3	0.8	0.1	15	240	0.7	9.5	3.2	DU	
	Pecan	2973	9.8	71.9	4.5	39.3	24.9	620	4.9	4.3	8.4	51	0.4	2.4	110	5.1	290	500	2	3	3.9	0.4	0.2	1.3	22	0.3	5.6	1.2*	159	
	Pine nut	2925	13	70	4.2	23	39.9	190	4.5	3.4	5.1	11	1.2	4.1	230	6.9	560	600	1	3	5.3	0.6	0.2	4.3	34	0.02	12.9	2.4*	236	
	Pistachio	2283	17	48.6	5.7	31	8.4	230	7.8	7.8	7.7	98	1	3.1	120	1.3	470	1000	4.6	0	2.3	0.4	0.2	1.7	70	0.5	2.4	2.1*	213	
	Walnut	2904	14.4	69.2	4.4	12.1	49.6	6280	3.0	2.7	6.4	89	1.4	2.5	150	3.2	370	440	2	3	2.5	0.3	0.2	1.4	70	0.4	2.6	2.3	110	
	Mixed Nuts†	2705	15.1	61.3	6.9	32.8	18.5	760	7	4.5	8	89	1.2	3	191	3.1	428	603	199	3	3.4	0.5	0.2	3.4	66	0.4	8.3	2.5	159	

Figures from Food Standards Australia New Zealand (2025). Australian Food Composition Database – Release 3.

Available at <https://www.foodstandards.gov.au/science-data/food-nutrient-databases/afcd>

*United States Department of Agriculture (USDA). FoodData Central: SR Legacy, 2019. All forms of plant sterols are included in totals.

Energy values include energy values for dietary fibre. Vitamin E values are calculated using alpha, beta and gamma tocopherols.

†Mixed nut values are the average of all nuts, excluding chestnuts.

DU = data unavailable.

