

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.

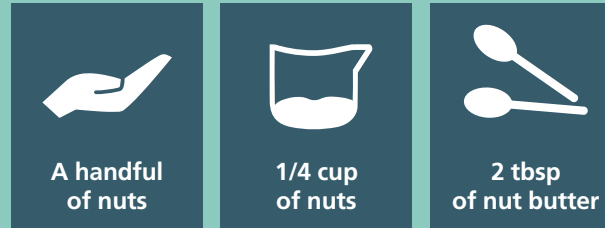
In the context of a healthy diet, regularly eating nuts is linked with:

- 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 veggie 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?



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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Hort Innovation

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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)	Polysaturated 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.

