



NUTS: Nature's own vitamin pill, no matter the age

Nuts are jam packed with natural goodness. Nature's own vitamin pill, nuts can be highly beneficial to your health, no matter your age.

School aged children:

Some children are allergic to nuts and many schools are 'nut free zones'. But for kids without allergies nuts make the perfect after school snack or a fun addition to any weekend outing. Nuts are highly satisfying, so giving children just a handful of mixed nuts after school will curb those cravings for chips and chocolate tying them over til dinner. Growing bodies need energy and protein and nuts provide both along with loads of nutrients needed for a healthy balanced diet. So if you can't get those vitamin pills down – try nuts.

Twenties:

Why waste money on lotions and potions with vitamins and minerals to keep you looking fab. Think beauty from within. The vitamins and nutrients found in nuts may help those in their twenties stay looking young and feeling great. Almonds, for example, are great source of vitamin E, an antioxidant that may help keep skin youthful by protecting against free radical damage.¹

Thirties and Forties:

When people reach their thirties and forties they begin to think more about their health. Factors such as calcium intake, cholesterol levels and other health risks take a higher priority. As nuts are a great all rounder people in their thirties and forties can appreciate the benefits nuts have to the immune system, nerve and muscle function, and their role in developing strong healthy bones.²

Fifty Plus:

With cardiovascular disease (CVD) the leading cause of death in Australia particularly for older men and women after menopause, (accounting for 34% of all deaths in Australia in 2006,³) eating nuts may provide some protection against CVD.

Nuts contain healthy **unsaturated** fats, monounsaturated and polyunsaturated and these can help lower blood LDL cholesterol, plus nuts provide essential Omega-3 fatty acids and according to a growing body of evidence, are key to weight management⁴. A range of studies has found that those who enjoy a handful of nuts daily significantly lower their risk of heart disease and lower their cholesterol.⁵

¹ Nuts for Life, Going Nuts for Good Health, 2006 www.nutsforlife.com.au

² Ibid

³ The National Heart Foundation website

http://www.heartfoundation.org.au/Heart_Information/Statistics/Pages/default.aspx accessed Feb 4, 2009

⁴ Sebaste J. Nut consumption and body weight. *Am J Clin Nutr* 2003 Sep;78 (3 Suppl): 647S-650S

⁵ Fraser GE, Sabate J, Beeson WL, Strahan TM. A possible protective effect of nut consumption on risk of coronary heart disease. The Adventist Health Study. *Arch Intern Med* 1992; 152(7):1416-24. Hu FB, Stampfer MJ, Manson JE,

For more information on the health benefits of nuts and/or for tasty nut recipes for all occasions please visit www.nutsforlife.com.au

For further information, please contact Porter Novelli Melbourne:

Zoe Brown

Phone: 03 9289 9555, Mobile: 0422 283 400

Email: zbrown@porternovelli.com.au

Mandy Griffiths

Phone: 03 9289 9555, Mobile: 0422 415 559

Email: mgriffiths@porternovelli.com.au

Rimm EB, Colditz GA, Rosner BA, et al. Frequent nut consumption and risk of coronary heart disease in women: prospective cohort study. *BMJ* 1998;317(7169):1341-5. Albert CM, Gaziano JM, Willett WC, Manson JE. Nut consumption and decreased risk of sudden cardiac death in the Physicians' Health Study. *Arch Intern Med* 2002;162(12):1382-7. Kushi LH, Folsom AR, Prineas RJ, Mink PJ, Wu Y, Bostick RM. Dietary antioxidant vitamins and death from coronary heart disease in postmenopausal women. *N Engl J Med* 1996;334(18):1156-62.