



MEDIA RELEASE
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Share the Gift of Good Health this Mothers Day

There's no better way to show your mum just how much you care, than giving her the heartiest gift this Mothers Day.

With the Heart Foundation's Heart Week and Mothers Day taking place in May, all caring sons and daughters should give the gift of good health this year.

Heart disease is the leading cause of death in Australian women today, and on average, kills about 11,424 women a year, approximately 31 women a dayⁱ. Physical inactivity, smoking and obesity are the main factors of cardiovascular diseaseⁱⁱ.

But looking after your health with a healthy balanced diet and exercise can help fight this disease. Research has found that regularly eating nuts can reduce the risk of heart disease, and can improve blood circulation and lower the body's cholesterolⁱⁱⁱ. All it takes is just one small handful of nuts most days.

Nuts are an excellent source of protein, and are rich in dietary fibre and antioxidants such as Vitamin E, zinc and selenium^{iv}. Studies have also shown that women who eat a small handful of nuts regularly as part of a weight management diet are 40 percent less likely to contract heart disease^v.

Nuts for Life Program Manager and Dietitian, Lisa Yates, encourages thoughtful sons and daughters to spread the word this Mothers Day about the rewards mums can get from including a handful of nuts into their everyday diets.

"Mothers Day is the one day a year when breakfast in bed is made for mum, so why not opt for a bircher muesli with toasted nuts instead of the traditional scrambled eggs on toast this year and kick start a good habit to continue throughout the year.

"Many women are unaware of the benefits of eating just a handful of nuts each day, at Nuts for Life our role is to educate people that nuts really are nature's own vitamin pill. Events like Mothers Day and Heart Week are perfect occasions to spread this message.

"We recommend eating a variety of nuts as each type of nut is bursting with its own unique combination of nutrients important for health and wellbeing.

"Many people don't realise that nuts can be enjoyed in a range of different ways - you can sprinkle them on your morning muesli, include them in your sandwich for lunch, eat them raw as an afternoon snack or add them to dinner meals, Ms Yates said.

For some exciting nut recipes go to www.nutsforlife.com.au

Share some nuts with your mum this Mothers Day and make every week a Heart Week.

For further information, recipes and images please contact:

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ⁱ Australian Bureau of Statistics. Causes of Death 2004 (3303.0). February 2006.

ⁱⁱ Australian Institute of Health and Welfare 2001. Heart, stroke and vascular diseases: Australian Facts 2001: AIHW

ⁱⁱⁱ 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, 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.

^{iv} Strahan TM. Nuts for cardiovascular protection. *Asia Pac J Clin Nutr*. 2004;13(Suppl):S33

^v The Iowa Women's Healthy Study <http://www.healthcastle.com/nuts-benefits.shtml>, 1996