



New health news about nuts from around the globe

Research from around the world continues to demonstrate that nuts provide important health advantages.

International research investigating the health benefits of tree nuts, including almonds, Brazil nuts and macadamias supports the Australian nut industry's message that it's vital to eat a handful of nuts most days a week.



United States – Macadamias

New U.S. research on macadamias adds to the body of evidence that already exists that macadamia nuts have a positive effect on cholesterol reduction. After just five weeks of eating 40g of macadamia nuts daily, the participants with mildly raised blood cholesterol significantly reduced their LDL, or bad cholesterol levels.



United States, Spain and China - Almonds

U.S. and Spanish researchers found that natural almonds helped to reduce the oxidation of cholesterol, allowing blood to flow freely through arteries.

Remember to eat almonds with their brown skins. It is the natural compounds found in the skin that gives them their antioxidant properties.

The Chinese Center for Disease Control and Prevention in Beijing has also discovered that almonds have a protective effect for male smokers. The Chinese study tested the effects of eating around 85g of almonds daily on 60 young male smokers, finding almonds reduce the damaging effects of smoking on DNA. Remember though, while eating almonds may be protective it is far better to quit smoking to improve your health.



New Zealand – Brazil nuts

Eating Brazil nuts can help boost your daily intake of selenium, an antioxidant that helps to prevent tissue damage in the body caused by free radicals, New Zealand researchers from the University of Otago found.

The research is especially important for New Zealanders as their soil is selenium deficient.

Nevertheless eating just two Brazil nuts a day is an easy way for anyone to gain their daily intake of this essential antioxidant.



Nuts in General

Cambridge University has found further evidence to support the health benefits of the Mediterranean diet. Typically defined by vegetables, fruit, legumes, wholegrains, fish, olive oil

and nuts, with wine in moderation, the researchers found that those who enjoy a well rounded Mediterranean diet are less likely to die from cardiovascular disease or cancer.

Including a handful of nuts into your daily diet is not only a great way to curb snack cravings, but one of the simplest ways to look after your heart and generally maintain good health.

Australian and international researchers continue to study nuts and their health benefits. No doubt they'll uncover further evidence that nuts are an important ingredient for other aspects of health in the future.

For further information on the health benefits of nuts and delicious nut recipes, please visit www.nutsforlife.com.au

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