



It's all in a **HANDFUL** – unlock a tasty secret to a healthy balanced diet

Including nuts in your diet is as easy as eating a handful of nuts most days, and it's as important as ensuring you eat 2 serves of fruit and 5 vegetables daily.

Tree nuts are packed full of beneficial nutrients for good health and health authorities world-wide recommend their regular consumption.

So, what are the benefits of adding a regular handful of nuts to your everyday eating? There are many, and the following anagram will help you remember just how good eating a ***HANDFUL*** of nuts most days really is.

H for Heart Health

Nuts contain an amino acid called arginine which keeps blood flowing smoothly through blood vessels. It can slow the formation of blood clots and reduce the clogging of arteries, meaning a healthier heart¹. The high potassium content can also help control blood pressure.

A for Antioxidants

Antioxidants found in nuts include vitamin E, and antioxidant minerals copper, manganese, magnesium and zinc, plus flavonoids and luteolin, these antioxidants are nature's own anti-aging tool. They help to protect the body from a range of diseases and help slow down the aging process.²

N for Nutrients

Nuts are packed full of nutrients and all of them have their own superpowers! Selenium found in Brazil nuts, for example, is essential for a well functioning immune system, while magnesium found in almonds, cashews and Brazil nuts is essential for nerve and muscle function, and strong bones.³

D for Diabetes Protection

Eating nuts regularly, as part of a healthy diet has been found to be highly beneficial in protecting against type two diabetes. Cashews, chestnuts and pecans have a low GI index, meaning they can be broken down slowly, while the arginine found in some nuts has been shown to help insulin work more effectively.⁴

F for Fibre and Folate

All nuts contain dietary fibre (typically 5-10g dietary fibre per 100g) which helps to satisfy hunger, reduce cholesterol reabsorption and maintain regular bowel function. Hazelnuts, chestnuts, cashews, pine nuts, pistachios and walnuts contain useful amounts of folate – the B vitamin associated with good heart health, cancer protection and lower risk of birth defects in new born babies.⁵

U for Unsaturated fat

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

² Nuts for Life, Going Nuts for Good Health, 2006 www.nutsforlife.com.au

³ Nuts for Life, Going Nuts for Good Health, 2006 www.nutsforlife.com.au

⁴ Nuts for Life, Nuts and Diabetes, 2006 www.nutsforlife.com.au

⁵ Nuts for Life, Nuts and Heart Health, 2006 www.nutsforlife.com.au

Nuts are a great source of the 'good' fats monounsaturated and polyunsaturated fats), which are important for heart health and helping to lower blood cholesterol levels.⁶

L for Lapping Them Up!

Whether you enjoy nuts raw or dry roasted, sprinkled muesli, added to sandwiches or tossed through a delicious salad, including nuts in your everyday eating is as easy as adding a HANDFUL!

For more research and delicious nut recipes for all occasions please visit www.nutsforlife.com.au

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⁶ Nuts for Life, Nuts and Heart Health 2006 www.nutsforlife.com.au