



Secrets to a 'nutty' Christmas revealed

Christmas can be one of the biggest times of year for family, friends, and your waistline! Why not go nuts this Christmas, substitute some indulgent Christmas treats with tasty, healthy nuts and spend New Years feeling great.

Remember: you only need to eat a handful of tree nuts a day to reap the rewards for your heart and waist.

Tree nuts include:

Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts.

Chestnuts roasting on an open fire...

Everyone loves the taste and crunch of nuts at Christmas and with good reason too. Nuts are rich in dietary fibre, healthy fats, and antioxidants such as Vitamin E, zinc and selenium which your heart will love. Just a handful daily will reduce your risk of heart disease and keep your ticker ticking¹.

Jack Frost nipping at your nose...

A frosty, white festive season is just one element of the traditional Christmas in the northern hemisphere. Hiding an almond inside rice pudding is a Christmas custom in Sweden. The lucky eater of the almond rice pudding will have good luck for the New Year.

Yule tide carols being sung by a choir...

The Nutcracker is one of the most famous ballets. Primarily performed around Christmas time, it has become a tradition in some Western countries to go see The Nutcracker performed every holiday season. So this Christmas, why not crack a handful of nuts and The Nutcracker too.

And folks dressed up like Eskimos...

The Eskimos know it – fats are a healthy part of the diet. Eskimos eat a diet rich in marine fats but if you're not keen on fish and seafood, counter all those indulgent Christmas foods with healthy tree nuts. Nuts contain healthy unsaturated fats - the 'good mono and poly' fats. These good fats work to keep you feeling more satisfied and less likely to crave² – meaning you won't lash out on the Christmas snacks that can pack on the kilos.

Everybody knows a turkey and some mistletoe...

Roasted chestnuts make for a wonderful traditional Christmas treat or can be used to stuff the Christmas turkey. Chestnuts are rich in low glycaemic index (GI) carbohydrates, perfect if you're watching your waist or balancing those blood glucose levels.

¹ **The role of tree nuts and peanuts in the prevention of coronary heart disease: multiple potential mechanisms**
[J.Nutr.](#) 2008 Sep;138(9):1746S-1751S

² **Impact of peanuts and tree nuts on body weight and healthy weight loss in adults**
[J.Nutr.](#) 2008 Sep;138(9):1741S-1745S

Help to make the season bright...

Nuts are an excellent source of protein – an important nutrient for vegetarians, so it's no surprise that vegans and vegetarians brighten their classic Christmas meal with a nut roast. Nuts are also a common ingredient in brightening other Christmas classics such as Christmas cakes and puddings.

Tiny tots with their eyes all aglow will find it hard to sleep tonight...

Is there anything that children love to eat more at Christmas than Nana's secret homemade Christmas fruit cake? In ancient times, fruitcake was made with raisins, pomegranate seeds, and pine nuts mixed together with barley mash. Because of fruitcake's consistency and longevity, early warriors and hunters carried it with them on long journeys. So feel satisfied with a nutty snack these holidays.

Merry Christmas to you from Nuts for Life!

From the traditional to the typical Australian Christmas fare, for delicious and heart-warming Nuts for Life recipes for family and friends this Christmas, please visit www.nutsforlife.com.au.

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