



2 + 5 + a handful of nuts = healthy heart and healthy body

While adults should eat at least two serves of fruit and five serves of vegetables every day, most Australians only eat half the amount of fruit and vegetables recommended to stay healthy¹.

Eating plenty of fruit and vegetables contributes to good health by protecting you against a number of diseases and helping maintain a healthy weight. But going that extra step to include a handful of nuts to this 2 + 5 mantra can help promote a healthy heart.

With National Heart Week (2 - 8 May) just around the corner, there's no better time to remind ourselves of the benefits of nuts in maintaining a healthy heart. Adding a handful of nuts (30g) to a healthy balanced diet each day can help maintain a healthy weight² and halve the risk of cardiovascular disease (CVD)³, the leading cause of death in Australia⁴.

Nuts are a plant food and just like fruit and vegetables, contain a wide variety of vitamins, minerals and antioxidants vital to maintaining a healthy body.

Tree nuts such as almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts and pistachios are all full of natural substances beneficial to heart health such as healthy monounsaturated and polyunsaturated fats, fibre, arginine, plant sterols and antioxidants⁵. A handful of mixed nuts also provides over a quarter of the Recommended Daily Intake (RDI) for another natural antioxidant, Vitamin E.

While the understanding of the link between diet and cardiovascular disease has undergone several changes over time, experts today agree that an optimal diet of fruit, vegetables, and other foods including nuts are vital to reducing heart disease risk⁶.

Regularly eating Australia's native nut – the macadamia – for instance will lower total and LDL cholesterol – risk factor for heart disease.⁷

So, how can you include nuts into your diet? With so many to choose from, nuts can be enjoyed in moderation at any time of the day. Here's an example of how easy it is to get 2 + 5 + a handful.

	Breakfast	Morning Tea	Lunch	Afternoon Snack	Dinner
Instead of...	Corn flakes	Scone with jam and cream	Cheese and tomato toasted sandwich	Chocolate biscuits	Lasagne
Why not try...	Bircher muesli with dried fruit, nuts and yoghurt	A handful (30g) of mixed nuts	Adding nuts to your favourite salad	Yoghurt with nuts and apple slices	Using crushed nuts instead of breadcrumbs to coat chicken or fish served with steamed vegetables

To find more nut health facts, tasty nut menu suggestions and recipes, visit www.nutsforlife.com.au.

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Nuts for Life is a nutrition communications initiative of the Australian Tree Nut Industry and Horticulture Australia to provide information about the nutrition and health benefits of tree nuts.

For all the latest information, facts and research on the nutrition and health benefits of nuts, and for tips and recipes to include more nuts in your day, visit www.nutsforlife.com.au and subscribe to our online newsletter *NutENews*.

To keep up with daily news, research and recipes featuring nuts, click below to follow us on Twitter [@nutsforlife](https://twitter.com/nutsforlife).



References

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