

**** INTERVIEW OPPORTUNITY ****

Tuesday 28 March 2017

THE RISE OF THE GOOD FAT DIET Science Is Crushing Fat Phobias and Creating a New Healthy Diet Paradigm

International and Australian nutrition experts will share the latest science, including new Australian data, from groundbreaking Mediterranean diet studies that are literally changing the way the world eats.

Speaking at the Australian nut conference on Tuesday 28 March 2017, in Melbourne, researchers say more still needs to be done to “translate” the Mediterranean diet for Australians.

INTERNATIONAL SPEAKER: Prof Jordi Salas-Salvado, Rovira i Virgili University (Spain)

This is a rare opportunity to interview a lead researcher from the landmark PREDIMED study - the world's largest study on the Mediterranean diet¹. According to Professor Jordi Salas-Salvado:

- “The PREDIMED study is transforming global opinions about fats and healthy eating and establishing a new healthy diet paradigm with good fats front and centre.”
- “When PREDIMED started 14 years ago, people were told to avoid all fats for heart health. We’ve now proven the opposite is true. A high-fat Mediterranean style diet is far more beneficial, reducing risk of heart attacks and stroke by 30 per cent, compared to eating a low-fat diet.¹”
- “This has prompted health institutions around the globe, including the Australia and the US, to review dietary guidelines and recommend eating more good plant sources of fat. We are literally witnessing the rise of the good fat diet.”
- “Many of the health benefits identified by the PREDIMED study are due to the interaction of the Mediterranean diet recommendations with an extra daily handful of nuts or extra virgin olive oil (EVOO). Nuts are rich in polyphenols, substances that prevent oxidation and inflammation, and many other phytochemicals, which protect blood vessels and the brain.²”

The PREDIMED Study has found that, compared to the lower fat diet, Mediterranean diets + nuts:

- Reduced the risk of heart attacks, stroke & death from heart disease by 30%¹
- Reduced the risk of diabetes by 52%³
- Reversed the prevalence of Metabolic Syndrome⁴
- Lowered blood pressure & cholesterol^{2,5-7}
- Controlled weight⁸
- Reversed cognitive decline⁹

The most recent phase of PREDIMED research is examining common cancers and age-related cognitive decline including potential benefits for the brain diseases such as dementia and Alzheimer's disease.

AUSTRALIAN SPEAKER: Prof. Catherine Itsiopoulos, LaTrobe University

Professor Catherine Itsiopoulos is Australian's leading Mediterranean diet expert and head of La Trobe University's School of Allied Health. She will present the latest Australian research on the Mediterranean Diet including:

- Findings from the Australian SMILES trial, that recently identified the Mediterranean diet could reverse symptoms of depression¹⁰, and
- Preliminary results from the AUSMED Heart Trial, which is investigating the potential to prevent heart attack survivors from having a second heart attack by eating a traditional Mediterranean diet supplemented with nuts.

Preliminary AUSMED Heart Trial data, which Prof. Itsiopoulos is presenting at the conference, shows the Mediterranean diet supplemented with nuts can:

- Reverse fatty liver, a major risk factor for diabetes and CVD¹¹
- Improve management of type 2 diabetes¹²
- Increase adiponectin – an anti-inflammatory hormone that helps to regulate glucose and breakdown fatty acids¹³
- And participants have shown strong sustained adherence to this dietary pattern.¹⁴

"Early findings are promising, we're seeing a trend in increase in the hormone adiponectin, a key hormone associated with a reduced risk of cardiovascular disease. We're also seeing an increased energy intake from good mono-unsaturated fats without any impact on body weight," said Prof. Itsiopoulos.

Prof. Itsiopoulos will also talk about how to adopt the Mediterranean diet and said more work still needed to be done to "translate" the style of eating diet for Australians.

"We're not expecting people to cook traditional Moussakas, to gain these health benefits. It's all about embracing the key ingredients," said Prof. Itsiopoulos.

"We need to eat a lot more nuts, in fact we need to up our consumption by 350% to meet the recommended handful of nuts¹⁵. We also need to use extra virgin olive oil as our main added fat, up the veggies and legumes and cut back on processed foods."

Prof Jordi Salas-Salvado and Prof. Catherine Itsiopoulos will be available for media interviews ahead of their presentations at the Australian Nut Conference.

When: Tuesday, 28 March 2017
Time: 9.30am - 10.30am. Other times can be arranged pending availability of the speakers.
Where: Pullman Albert Park, 65 Queens Rd, Albert Park, Melbourne.
Interviews: Please contact Andrea Brydges (0418 443 886) or Sonya Rogers (0435 110 670)

About The PREDIMED Study (PREvencion con Dieta MEDiterranea)

7400 + people (aged 55-80), at risk of heart disease, randomly assigned to either: (i) lower fat diet, (ii) Mediterranean diet + 30g handful of mixed nuts a day; or (iii) Mediterranean diet + 50ml of extra virgin olive oil a day. Followed up on average for 4.8 years. To date 230+ PREDIMED papers have been published in leading academic journals.
For more information on PREDIMED please visit <http://www.predimed.es/>

Issued on behalf of Nuts for Life and the International Nut & Dried Fruit Council.

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