



Eat yourself healthy with the Nuts for Life Healthy Eating Plan

You may already know that eating a handful of nuts regularly can reduce the risk of heart disease and lower blood cholesterol, but did you know that nuts play a valuable role in weight management too?

Many dieters following traditional weight loss diets avoid or exclude certain high fat foods to reduce their kilojoule intake in the belief that those foods contribute to weight gain. Unfortunately this can often be at the expense of reducing key nutrients by removing foods containing healthy fats such as nuts, avocado and vegetable oils.

Nuts - almonds, Brazil nuts, cashew, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts are high in healthy monounsaturated and polyunsaturated fats (ranging from 49% to 76% total fat, with the exception of chestnuts which contain only 0.6% total fat) but are also packed full of valuable vitamins, minerals, dietary fibre and antioxidants.¹

Not only highly nutritious, research has also shown that meals and snacks that include a handful of nuts (30-50g) can be incorporated into a healthy eating plan to achieve and maintain a healthy body weight.²

Why? Nuts are packed full of protein and dietary fibre which are nutrients known to increase the satiety of meals and snacks and prolong feelings of fullness after eating.³ Plus the healthy fats in nuts increase the gut hormones involved in satiety which also help control appetite.^{4,5}

So, why not try our Seven Day Nuts for Life Healthy Eating Plan, created by a qualified dietitian to show you just how tasty and easy it can be to stick to a kilojoule controlled eating plan, while enjoying a handful of nuts each day.

The Healthy Eating Plan includes a variety of meal and snack suggestions incorporating the equivalent of a handful of nuts each day (30-50g), and includes delicious new Nuts for Life recipes across the week's menu. Recipes are available on the Nuts for Life website at www.nutsforlife.com.au.

Tell us how you've found the eating plan and learn more about the benefits of nuts by visiting us on Twitter– <http://twitter.com/NutsForLife>



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Breakfast</p> <p><i>Created by a qualified dietitian!</i></p>	<p>2 wholewheat breakfast biscuits with a cup of reduced fat milk and a banana sliced on top</p> <p>Glass of water</p>	<p>Instant oatmeal (30g) made with reduced fat milk, topped with apple and sultanas, drizzled with a teaspoon of honey</p> <p>Glass of water</p>	<p>2 slices wholegrain toast lightly spread with margarine with a boiled egg</p> <p>A glass of reduced fat milk</p>	<p>40g homemade muesli (untoasted) with 4 tablespoons poached rhubarb and small tub of natural yoghurt</p>	<p>Breakfast smoothie - 1/2 cup of low fat yoghurt, 1 cup of reduced fat milk, 1 cup of mixed berries and almond meal (20g)</p>	<p>1 large slice wholegrain toast, lightly spread with margarine served and a poached egg</p> <p>Glass of orange or cranberry juice</p>	<p>*One serve of Nuts for Life's Pancakes with Pecans, Berries and Low Fat Yoghurt (10g nuts per serve)</p> <p>Glass of freshly squeezed orange juice</p>  <p>www.nutsforlife.com.au</p>
<p>Lunch /Lighter meal</p>	<p>*One serve of Cauliflower Soup with Almonds and Macadamias (20g nuts per serve)</p> <p>Wholegrain bread roll</p> <p>Glass of water</p>  <p>www.nutsforlife.com.au</p>	<p>50g salmon (canned in water) with a cup of salad and 1 medium wholemeal pita bread</p> <p>Glass of water</p>	<p>40g chicken and half a cup of wholemeal pasta with 1 tablespoon of pesto served with a mixed green salad lightly dressed on the side</p> <p>A glass of freshly squeezed orange juice</p>	<p>*One serve of Nuts for Life's Sweet Potato, Hazelnut and Spinach Frittata (10g nuts per serve)</p> <p>Small handful of dried apricots</p> <p>Glass of water</p>  <p>www.nutsforlife.com.au</p>	<p>1 medium baked potato with 40g tuna (canned in water) and a large helping of green salad lightly dressed with fat free vinegar dressing</p> <p>Glass of water</p>	<p>*One serve of Nuts for Life's Spiced Middle Eastern Chicken and Almond Salad (10g nuts per serve)</p> <p>Piece of fresh fruit</p> <p>Glass of water</p>  <p>www.nutsforlife.com.au</p>	<p>Cheese (30g cheddar low fat) and tomato on 2 medium slices of toasted sourdough bread with wholegrain mustard</p> <p>1 cup fruit salad with 1/2 small tub reduced fat vanilla yoghurt</p> <p>Glass of water</p>

<p>Dinner / Main meal</p>	<p>100g lean beef stir-fried with 2 cups of mixed vegetables, served with ½ cup rice</p> <p>Glass of water</p>	<p>*One serve of Nut's for Life's Pork with Lemongrass, Almonds and Cashews served with rice noodles (10g nuts per serve)</p> <p>Glass of water</p>  <p>www.nutsforlife.com.au</p>	<p>*One serve of Nut's for Life's Lamb Cutlets with Potato, Hazelnut and Rocket (15g nuts per serve)</p> <p>Glass of water</p>  <p>www.nutsforlife.com.au</p>	<p>2 cups mixed vegetable and 60g tofu stir fried with ½ cup brown rice</p> <p>Glass of water</p>	<p>100g fillet of spiced lamb with ½ cup onion couscous and steamed greens</p> <p>*One serve of Figs with cinnamon, almonds and walnuts (15g nuts per serve)</p> <p>Glass of water</p>  <p>www.nutsforlife.com.au</p>	<p>1 cup tomato and basil pasta served with a selection of green vegetables sprinkled with toasted pine nuts (10g)</p> <p>Glass of water</p>	<p>65g grilled beef steak (marinated in olive oil and balsamic vinegar) with 2 tablespoons each of sauteed mushrooms and onions and a pear, rocket and walnut salad (10g nuts per serve)</p> <p>Glass of water</p>
<p>Snacks</p>	<p>1 small tub of low fat yoghurt and a pear</p> <p>Small handful of Brazil nuts (20g)</p> <p>Water to drink</p>	<p>Small bowl (small tub) of low fat yoghurt sprinkled with a small handful of your favourite nuts toasted (20g)</p> <p>Water to drink</p>	<p>Piece of fresh fruit e.g. apple, handful of grapes</p> <p>Small handful of pistachios (20g)</p> <p>Water to drink</p>	<p>Carton of low fat flavoured milk</p> <p>Small handful of Nuts for Life's Spiced Mixed Nuts (20g)</p> <p>www.nutsforlife.com.au</p> <p>Water to drink</p>	<p>Handful of grapes</p> <p>Small tub of low fat yoghurt</p> <p>Water to drink</p>	<p>Small handful of Spiced Mixed Nuts (20g)</p> <p>www.nutsforlife.com.au</p> <p>Water to drink</p>	<p>Handful of mixed nuts (30g)</p> <p>Water to drink</p>
<p>Daily Total Average 6010 kJ 35g nuts</p>	<p>5875 kJ 40g Nuts</p>	<p>6040 kJ 30g Nuts</p>	<p>5970 kJ 35g Nuts</p>	<p>6025 kJ 30g Nuts</p>	<p>6140 kJ 35g Nuts</p>	<p>6085 kJ 40g Nuts</p>	<p>5920 kJ 50g Nuts</p>

The eating plan provides an average of 6010 kilojoules* (1435 kcal) per day with 42% energy from carbohydrate, 33% energy from fat (23% of total fat from saturated fat with the remaining from healthy monounsaturated and polyunsaturated fats) and 20% energy from protein. Additionally the eating plan is nutritionally sound to provide sufficient levels of essential vitamins and minerals.

Remember that balancing what you eat with at least 30 minutes of physical activity each day is also an important element to maintaining a healthy body weight.

- **This level of energy restriction typically supports a weight loss of up to ½-1kg per week. For individually tailored dietary advice, seek the professional advice of an Accredited Practising Dietitian. To find your local APD visit www.daa.asn.au*

List of References:

- 1.Nuts for Life 2009 Nutrient Composition of Tree Nuts
 2. Nuts for Life Literature review Eat nuts and manage weight 2009 cited www.nutsforlife.com.au
 - 3.Mattes RD. The energetics of nut consumption. *Asia Pac J Clin Nutr.* 2008;17 Suppl 1:337-9.
 - 4.Pasman WJ, et al. The effect of Korean pine nut oil on in vitro CCK release, on appetite sensations and on gut hormones in post-menopausal overweight women. *Lipids Health Dis.* 2008;20;7:10
 - 5.Cassady BA, et al. Mastication of almonds: effects of lipid bioaccessibility, appetite, and hormone response. *Am J Clin Nutr.* 2009;89(3):794-800
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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).

