



Media release

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Let nuts warm your heart this winter

Did you know that the risk of heart disease is likely to be higher now than it was in Summer? The rates of heart attack and stroke deaths in Australia dramatically increase in Winter.¹ Similar results have been seen in other parts of the world.²

There are a couple of theories as to why the incidence of cardiovascular disease increases during winter. Exposure to the cold raises blood pressure putting greater stress on the heart and brain – so rug up to start with! More than six studies from around the world have also found that blood cholesterol and in particular LDL cholesterol are higher in Winter.³

In recent years, nuts have received special attention because of their potential role in preventing cardiovascular disease. A handful of nuts (30g) at least five times a week, can reduce your risk of heart disease by 30-50 per cent.⁴⁻⁷

A handful or two of nuts each day (around 67g on average) has also been shown to significantly reduce total and LDL cholesterol as well as triglycerides – risk factors for heart disease.⁸

However it's not just heart disease and stroke deaths that increase in winter. Cold weather and dark afternoons can also bring on those winter blues. Research shows a Mediterranean dietary pattern that includes nuts plays a potential protective role in the prevention of depressive disorders.⁹ Nuts play a pivotal role in the Mediterranean Diet, so by including almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pistachios, pine nuts or walnuts in your daily eating program, you will be doing your part to keep your mind and body on track this winter.

Remember 2+5+a handful or two = good health and vitality.

For a tasty nut menu suggestion why not dry roast some nuts in the oven this winter and warm up your favourite snack!

To find more nut health facts and recipes visit www.nutsforlife.com.au.

References

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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*.

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