



Go nuts this festive season!

Give the gift of nuts this festive season, your family and friends will love you for it.

Nuts are not only nutritionally powerful and worth their weight in gold, they're extremely tasty and versatile, making them the perfect addition to any snack or dish that's destined to be devoured by hungry appetites this festive season.

While chocolate is traditionally a Christmas gift giving favourite, nuts make a delicious, healthier and more versatile alternative.

Nuts vs. Chocolate

How do nuts compare nutritionally to chocolate?

The below table compares a 30g serve of mixed nuts with a 60g chocolate bar.¹

Milk Chocolate (Plain)* 60g chocolate bar	Mixed Tree Nuts** per 30g serve (1 handful)
5g Protein	4.0g Protein
16.4g Total Fat	17.2g Total Fat
10.2g Saturated Fat	2.0g Saturated Fat
0.6g Polyunsaturated Fat	6.2g Polyunsaturated Fat
5g Monounsaturated Fat	10.0g Monounsaturated Fat
10.8mg Cholesterol	0mg Cholesterol
37.2g Carbohydrate	2.9g Carbohydrate
33.4g Sugars	1.2g Sugars
0.48g Fibre	2.3g Fibre
n/a Vitamin E	1.9mg Vitamin E
1mg Iron	0.9mg Iron
0.8mg Zinc	0.9mg Zinc

Nuts contain more of the good mono and poly fats and less of the bad saturated fats than chocolate, are naturally cholesterol free, and packed with a variety of plant compounds including antioxidants and plant sterols all important for good health (especially heart health).² They are also a valuable source of dietary fibre, and naturally contain a range of important vitamins and minerals. By giving the gift of nuts this festive season, enjoyed in a handful each day (30-50g), you'll actually be treating your loved ones to a handful of happiness!

So from the first day of Christmas right through to the twelfth night, here are 12 great reasons to go nuts this Christmas period, and with 10 nuts to choose from, harnessing your health, appeasing your appetite and giving a gift truly worth giving this festive season, couldn't be easier!

1. Favoured Fats

Nuts are an excellent source of healthy monounsaturated and polyunsaturated fats, including plant derived omega-3 fats, all of which are good for the heart.²



2. **Antioxidant Ageing Defense**

Nuts provide a range of phytochemicals with antioxidant power to help slow down the aging process and protect against a range of adverse lifestyle health conditions.³

3. **Cholesterol Control**

Unlike chocolate, nuts are naturally cholesterol free but more importantly a handful or two of nuts each day can help control your cholesterol level.⁴

4. **Minerals to the Max**

From copper to selenium, iron and zinc, nuts provide a range of dietary minerals important for health.² By including nuts regularly in your diet you have a greater chance of meeting your recommended dietary intakes for minerals.⁵

5. **Victory in Vitamins**

Nuts also deliver essential Vitamins A, B, C and E² with vitamin E being an excellent antioxidant. In fact vitamin E from foods is better than vitamin E supplements.⁶

6. **Fire up your Fibre**

A handful of nuts provides 2-3g of dietary fibre², excellent for digestive health and includes soluble fibre which also helps reduce cholesterol re-absorption.⁷

7. **Enduring energy**

The protein and fibre in nuts helps to fill you up while keeping your hunger under control.² Nuts also cause a low glycemic index (GI) effect to give you sustained energy to get you through the festive season.⁸

8. **Working with Weight**

Low fat diets really are a thing of the past. Nuts play a valuable role in weight management, enjoying a handful of nuts daily has been shown to help achieve and maintain a healthy body weight.⁹

9. **Diet deeds**

The healthy fats in nuts increase intestinal hormones involved in satiety, which also help control appetite and can assist you with sticking to a healthy eating plan.¹⁰ Perfect on the big day to avoid overeating.

10. **Melting Moments**

The deliciousness of nuts also extends to their adaptability. By choosing nuts this Christmas, eaten raw, roasted, caramelised or spiced, you'll ensure that the only melting moments you'll enjoy are in your mouth!

11. **The Terrific Ten**

Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts. Why not try all 10 this festive season particularly the Christmas tradition of shelling them yourself.

12. **The Versatility Vote**

Nuts are victoriously versatile, from nutty dips and nibbles to summer salads, stir-fries, seafood, stuffings, cakes, puddings and desserts. For some delicious, nutritious nut inspirations, check out our Nuts for Life recipes:

http://www.nutsforlife.com.au/index.php?option=com_content&task=section&id=11&Itemid=103

***Nuts for Life and the Australian Tree Nut Industry
wishes everyone a happy festive season***



List of 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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