



Nuts – the new Superfood

Move over cranberries, blueberries and broccoli there's a new Superfood in town – nuts.

Nuts, especially pecans, walnuts and hazelnuts have a high antioxidant capacity (as measured by their total oxygen radical absorbance capacity or ORAC level) and are comparable, even superior to many known 'superfoods'. According to the latest USDA figures walnuts contain twice the antioxidant capacity of blueberries, while pecans contain five times that of raw broccoli.¹

Nuts are an excellent source of plant antioxidants such as phenolic acids, flavonoids, stilbenes (resveratrol as found in red wine) and carotenoids.² Further they contain vitamin E an important antioxidant vitamin, and antioxidant minerals such as copper, manganese, magnesium, selenium and zinc.³

Antioxidants help protect body cells from free radical damage, reduce inflammation and blood clotting, maintain blood vessel function and reduce the risk of clogged arteries by protecting blood cholesterol from oxidising – all vital for cardiovascular health.^{4,5,6}

A predominantly plant based diet rich in antioxidants is considered one of the best ways to reduce the development of several chronic diseases such as heart disease, diabetes and cancer.⁷⁻¹⁰ Generally, whole foods, such as nuts, fruits and vegetables, are the best source of antioxidants, offering clear nutritional benefits over dietary supplements.¹¹

Table 1 provides the antioxidant capacity (measured as oxygen radical absorbance capacity or ORAC) for tree nuts and compares these to other high antioxidant superfoods such as berries, wholegrain bread, raw broccoli and cranberries.¹

Table 1

Tree Nuts	Average antioxidant capacity (ORAC) Umol TE/100g	Other known Superfoods	Average antioxidant capacity (ORAC) Umol TE/100g
Almonds	4,454	Cranberries	9,584
Brazil Nuts	1,419	Blueberries	6,552
Cashews	1,948	Blackberries	5,347
Hazelnuts	9,645	Broccoli, raw	3,083
Macadamia Nuts	1,695	Wholegrain Bread	2,104
Pecans	17,940	Cranberries	9,584
Pine Nuts	616	Green tea	1,253
Pistachio Nuts	7,983	Pomegranate juice	2,341
Walnuts	13,541		

Why not supercharge your antioxidant levels by enjoying a handful of nuts along with the recommended two serves of fruit and five serves of vegetables each day?

A diet rich in fruit, vegetables and nuts is one of the best ways to ensure an optimum antioxidant intake.¹

Remember 2+5+ a handful = good health and vitality

For further information on the health benefits of nuts please visit

www.nutsforlife.com.au

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