Nuts, like fruits and vegetables, are a vital part of a healthy diet and scientific research is proving why. It's the unique combination of healthy fats plus a broad range of vitamins, minerals and phytochemicals which help nuts reduce heart disease risk, lower cholesterol and manage weight. Nuts – the taste you love, the nutrition you need. Grab 2 serves of fruit, 5 serves of vegetables and a handful or two of nuts everyday

Here are 5 reasons why nuts are good for you!

Nuts are nature's own vitamin pill – a small package of essential nutrients

Nuts contain a combination of at least 28 different essential nutrients. A healthy, well balanced diet should include a variety of different foods, including nuts, to ensure all essential nutrients are obtained. Remember to eat a handful or two of nuts daily for optimal health benefits.

Nuts are vital for heart health

Nuts are an excellent source of polyunsaturated and monounsaturated fats – the good fats – which can help manage blood cholesterol. A recent meta analysis found that eating on average 67g of nuts per day reduced total cholesterol by 5%, LDL (bad) cholesterol by 7% and triglycerides by 10%.[1] Nuts also contain vitamin E, antioxidants, folate, arginine and plant sterols which can all contribute to better heart health. Studies have shown that those who eat a handful (30g) of nuts at least five times a week reduce their risk of heart disease by 30–50%.[2,3,4,5] Nuts rich in monounsaturated fats include macadamias, hazelnuts, cashews, almonds, pistachios and pecans. While walnuts, pine nuts and Brazil nuts are rich in polyunsaturated fats.

Nuts help control body weight

Nuts can be included in a kilojoule controlled weight loss diet by substituting high saturated fat foods such as biscuits, cakes, muffins and pastries with a handful of nuts. Nut oils release satiety hormones in the intestine and the protein and fibre content also help satisfy the appetite. Nuts eaters also excrete more fat in their stools which may explain why nuts in moderation do not cause weight gain.[6,7]

Nuts add fibre to your diet

All nuts contribute fibre to the diet – containing about 6g per 100g on average. Eating foods rich in fibre helps to satisfy hunger for longer. Dietary fibre can help manage cholesterol and is essential for a healthy bowel function.

Nuts may reduce the risk of diabetes

Eating a handful of nuts (30g) at least five times a week may also lower the risk of developing Type 2 Diabetes by around 25%.[8] Nuts lower the glycemic index of a meal[9] and may improve insulin sensitivity.[10] This in turn may improve blood glucose control and so reduce the risk of developing diabetes. Unlike other nuts chestnuts are low in fat and contain significant amounts of carbohydrate with a low GI of 54. Other nuts can cause a low GI effect when mixed in meals that contain carbohydrate.[11]

How to include nuts daily

Use the following ideas to enjoy nuts in your daily diet:

- Toss roasted pistachios through a salad of roasted pumpkin, spinach and avocado
- Blend almonds, milk, yoghurt and ice cream to make a delicious smoothie
- Roast chestnuts and add to a poultry stuffing mix
- Bake blueberry bread with pecans
- Dry roast cashews and sprinkle over a Thai beef salad
- Try hazelnuts in a chilli pasta
- Crumble macadamias into your next risotto
- Add roasted pine nuts to a frittata with tomato and feta
- Use walnuts next time you make pesto and add to grilled meat
- Whiz Brazil nuts, garlic, ricotta and parsley together for a mushroom stuffing
- Mix a handful of nuts with apple, oats and yoghurt, and refrigerate overnight for a bircher muesli

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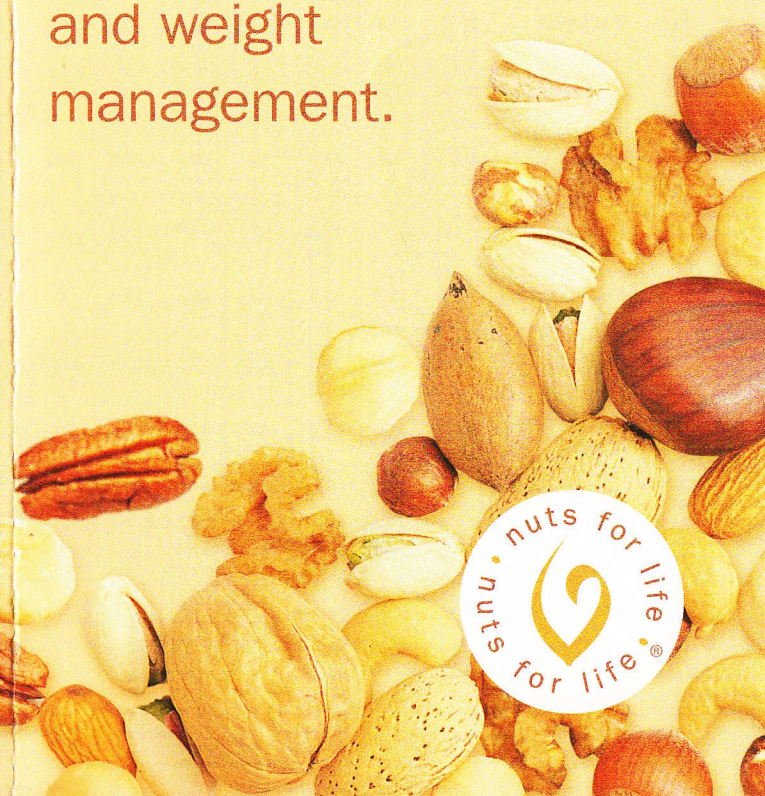
2011 Nutrient Composition of Tree Nuts

Enjoy a handful of nuts daily. Essential eating for heart health and weight management.



2011 Nutrient Composition of Raw, Unsalted Tree Nuts

Per 100g	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Fat Monounsaturated (g)	Fat Polyunsaturated (g)	Fat Omega 3 as ALA (mg)[1]	Trans Fats (g)[1]	Carbohydrate Total (g)	Carbohydrate Sugars (g)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Folate (µg)	Vitamin B6 (mg)[2]	Vitamin E (mg)[2]	Copper (mg)[2]	Manganese (mg)[2]	Selenium (µg)[2]	Arginine (g)[2]	Plant sterols (mg)[2]	Total ORAC (µmolTE/100g)[6]
Almond	2503	19.5	54.7	3.7	35.9	12.8	0	0	4.8	4.8	8.8	5.0	740	260	250	3.9	3.7	0.2	1.4	3.9	29	0.1	26.2	1.0	2.3	2.5	2.5	141	4454
Brazil Nut	2886	14.4	68.5	14.8	21.8	29.0	0	0	2.4	2.1	8.5	2.0	560	350	150	2.2	4.1	0.6	0.4	0.6	22	0.1	5.7	1.7	1.2	1917	2.1	DU	1419
Cashew	2437	17.0	49.2	8.4	31.1	7.5	0	0	16.8	5.5	5.9	11.0	550	250	34.0	5.0	5.5	0.6	0.2	1.8	25	0.4	0.9	2.2	1.7	20	2.1	DU	1948
Chestnut[3]	732	3.4	0.6	DU	DU	DU	DU	DU	34.3	3.8	8.1	0.7	574	33*	13.4	0.8	0.5	0.3	0.1	2.0	70	0.5*	0.5*	0.5*	1.2*	1.2*	0.2*	DU	DU
Hazelnut	2689	14.8	61.4	2.7	48.8	7.2	120	0	5.1	4.4	10.4	3.0	680	160	86.0	3.2	2.2	0.4	0.2	2.2	113	0.6	15.0	1.7	6.2	2.4	2.2	96	9645
Macadamia[5]	3080	9.2	74.0	10.0	59.8	3.8	99[5]	0	7.9	4.6	6.4	1.4	410	130#	85.0#	3.7#	1.3#	1.2#	0.2#	2.5#	11#	0.3#	0.5#	0.8#	4.1#	3.6#	1.4#	116#	1695
Pecan	2973	9.8	71.9	4.5	39.3	25.0	620	0	4.9	4.3	8.4	3.0	500	110	51.0	2.4	3.9	0.4	0.2	1.3	25	0.2	1.4	1.2	4.5	3.8	1.2	102	17940
Pine Nut	2925	13.0	70.0	4.2	23.0	39.8	0	0	4.5	3.4	5.1	3.0	600	230	11.0	4.1	5.3	0.6	0.2	4.3	34	0.1	9.3	1.3	8.8	0.7	2.4	141	720
Pistachio	2389	19.7	50.6	5.8	26.7	15.8	0	0	6.8	5.9	9.0	7.0	950	100	90.0	3.9	2.3	0.6	0.3	1.5	81	1.7	2.3	1.3	1.2	7.0	2.0	214	7675
Walnut	2904	14.4	69.2	4.4	12.1	49.6	6280	0	3.0	2.7	6.4	3.0	440	150	89.0	2.5	2.5	0.3	0.2	1.4	70	0.5	0.7	1.6	3.4	4.9	2.3	72	13541
Mixed Tree Nuts[4]	2754	14.6	63.3	6.5	33.2	21.2	791	0	6.2	4.2	7.7	4.3	603	193	94	3.4	3.4	0.6	0.4	2.2	45.6	0.5	7.0	1.4	3.7	218	2.0	126	6560

DU = Data Unavailable Figures from NUTTAB 2006 unless otherwise indicated.

1. Fatty acid database Revision 6.0 RMIT Lipid Research Group, Foodworks 2007 Version 5.00, Xyris Software
2. United States Department of Agriculture National Nutrient Database for Standard Reference Release 23, 2010
3. Australian data for dry roasted chestnuts www.chestnutgrowers.com.au *US data for European roasted chestnuts
4. Average quantities excluding those nuts with unavailable data and chestnuts
5. Macadamia data taken from 2002 lab analysis provided by Australian Macadamia Society except where indicated #US data for raw macadamias
6. USDA Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods, Release 2 (2010) (data for macadamias is dry-roasted, other nuts raw).

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