



In a Nutshell...

Nut Fact No 1

Tree nuts are a small package of essential nutrients

Tree nuts contain a combination of 28 different essential nutrients as shown overleaf. 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 small handful of tree nuts at least five times a week for optimal health benefits.

Nut Fact No 2

Tree nuts are an excellent source of healthy fats

Tree nuts are an excellent source of polyunsaturated and monounsaturated fats – the good fats – which can help manage cholesterol. They also contain Vitamin E, antioxidants, folate, arginine and plant sterols which can all contribute to better wellbeing.

Nuts rich in monounsaturated fats include macadamias, cashews, almonds, pistachios and pecans. While walnuts, hazelnuts, pine nuts and Brazil nuts are rich in polyunsaturated fats.

Nut Fact No 3

Tree nuts contain Vitamin E

Vitamin E is an antioxidant that helps protect tissues from damage. An average serve (30g) of mixed nuts provides 20% of the recommended daily requirement of Vitamin E.

Nut Fact No 4

Tree nuts add fibre to your diet

All nuts contribute fibre to the diet and eating foods rich in fibre, especially soluble fibre, helps to satisfy hunger for longer. Dietary fibre can help manage cholesterol and is essential for a healthy bowel function.

Nut Fact No 5

Tree nuts may assist blood glucose management

Tree nuts provide monounsaturated fats and contain dietary fibre, which can assist optimal glycemic management.^{1,2,3} Tree nuts are also a source of the amino acid arginine which one study has shown improved insulin sensitivity; however more research is needed.⁴

Tips for including nuts daily

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

- Munch on pistachios as a pre-dinner appetiser
- Sprinkle almonds or cashews through a stir fry
- Roast chestnuts or pine nuts and toss them through a salad
- Chop walnuts and add them to a dipping sauce
- Crumble pecans or walnuts into a yoghurt dessert topping and serve with fruit
- Sprinkle chopped, roasted hazelnuts or almonds onto low fat ice cream
- Crumble macadamias or pistachios onto grilled fish
- Add roasted pine nuts to your favourite pasta dish
- Make a great pesto by blending pistachios or macadamias with fresh herbs, parmesan and a little olive oil

A growing body of scientific research is highlighting the health benefits of tree nuts. Tree nuts include almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts.

The health benefits of tree nuts can be attributed to their favourable macronutrient profile along with their broad range of vitamins, minerals and phytochemicals.

Here are 5 facts why tree nuts are good for you!

References

- 1 Perlstein R, et al. *Aust J Nutr Diet* 1997; 54:57-63
- 2 ADA. *Diabetes Care* 2002; 25(Suppl 1): S50-60
- 3 Garg A. *Am J Clin Nutr.* 1998;67(suppl): 577s-82s
- 4 Wascher TC, et al. *Eur J Clin Invest.* 1997 Aug;27(8): 690-5.

Enjoy a handful of tree nuts at least five times a week for optimal health benefits!



Nutritional Analysis of Raw Tree Nuts

	Per 100g	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Fat Monounsaturated (g)	Fat Polyunsaturated (g)	Fat Omega-3 (mg) 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)	Pantothenic acid (mg) ²	Vitamin B6 (mg) ²	Vitamin A (µgRE) ²	Vitamin E (mg) ²	Copper (mg) ²	Manganese (mg) ²	Selenium (µg) ²	Arginine (g) ²	Plant sterols (mg) ²
	Almond	2525	20.0	55.2	3.6	36	13.1	0	4.4	4.4	8.8	5.0	690	260	235	3.5	3.6	0.17	1.15	3.80	49	0.349	0.131	0	25.9	1.11	2.53	2.8	2.47	120
	Brazil	2888	14.4	68.5	14.8	21.8	29.0	0	2.4	2.1	8.5	2.0	560	350	150	2.2	4.1	0.60	0.43	0.60	21	0.184	0.100	0	5.7	1.74	1.22	1917	2.15	DUA
	Cashew	2437	17.0	49.2	8.4	31.1	7.5	0	16.8	5.5	5.9	11.0	550	250	34.0	5.0	5.5	0.64	0.19	1.80	68	0.864	0.417	0	0.9	2.19	1.65	20	2.12	DUA
	Chestnut ³	797	3.4	0.6	NT	NT	NT	NT	34.3	3.8	8.1	0.7	574	NT	13.4	0.8	0.5	0.28	0.09	1.97	<0.1	0.56*	0.50*	1.0*	0.5*	0.51*	1.18*	1.2*	0.23*	DUA
	Hazelnut	2693	14.8	61.4	2.7	48.6	7.1	100	5.1	4.4	10.4	3.0	680	160	86.0	3.2	2.2	0.39	0.17	2.20	72	0.918	0.563	1.0	15.0	1.72	6.17	2.4	2.21	96
	Macadamia	3068	7.6	76.2	10.3	61.4	0.9	0	4.5	4.5	6.0	3.0	330	95	48.0	1.8	1.2	0.28	0.10	2.00	16	0.758	0.275	0	0.5	0.75	4.13	3.6	1.40	116
	Pecan	2977	9.8	71.9	4.5	39.1	24.8	600	4.9	4.3	8.4	3.0	500	110	51.0	2.4	3.9	0.42	0.18	1.30	39	0.863	0.210	3.0	1.4	1.20	4.50	3.8	1.18	102
	Pine Nut	2921	13.0	70.0	4.2	23.0	39.8	0	4.5	3.4	5.1	3.0	600	230	11.0	4.1	5.3	0.57	0.19	4.30	60	0.313	0.094	1.0	9.3	1.32	8.80	0.7	2.41	141
	Pistachio	2530	19.7	50.6	5.8	26.6	15.8	0	15.1	5.9	9.0	7.0	950	100	90.0	3.9	2.3	0.58	0.29	1.50	67	0.520	1.700	28.0	2.3	1.30	1.20	7.0	2.03	214
	Walnut	2901	14.4	69.2	4.4	12.1	49.4	6300	3.0	2.7	6.4	3.0	440	150	89.0	2.5	2.5	0.33	0.18	1.40	66	0.570	0.537	1.0	0.7	1.58	3.41	4.9	2.28	72
	Mixed Tree Nuts ⁴	2574	13.4	57.3	6.5	33.3	20.8	778	9.5	4.1	7.7	4.1	587	160.6	80.7	2.9	3.1	0.43	0.30	2.09	56.8	0.590	0.453	3.5	6.2	1.34	3.48	196.3	1.85	123

DUA = Data Unavailable NT = Not Tested Kilojoule content includes the energy from dietary fibre

Figures from AusNut, Foodworks version 3.01, Xyris Software unless otherwise indicated.

- Meyer BJ, Tsviv E, Howe PRC, Tapsell L, Calvert GD. Polyunsaturated fatty acid content of foods: differentiating between long and short chain omega-3 fatty acids. *Food Aust* 1999 March;51(3):81-95
- United States Department of Agriculture National Nutrient Database for Standard Reference Release 17, ASCI
- Australian data for roasted chestnuts www.chestnutgrowers.com.au *US data for European roasted chestnuts
- Average quantities excluding nut entries with unavailable data.

For more information on the Nuts for Life program refer to

www.nutsforlife.com.au

