Welcome,
Nuts for Life recently attended and exhibited at the Australasian Lifestyle Medicine Conference, held in Brisbane. The two main topics hot on everyone's lips were the energy density of nuts, and whether nuts should be activated.

Energy Density of Nuts
It's true that nuts are considered an energy dense food, but is this a bad thing?
Read more >

Do nuts need to be activated?
There is actually very limited evidence on benefits (if any) of activating nuts
Read more >

Get involved in this years' 30/30 campaign
Are you trying 30 ways?
Throughout September, we're featuring a collection of new recipes and ideas, created by Nuts for Life and a group of fantastic influencers and ambassadors. Get involved and post a photo on Instagram using #nuts30days30ways to join the campaign.
Visit Instagram >

RECIPE: MYO Nut Butters
All that's required is around 2-3 cups of your favourite nut, a decent food processor or high-powered blender, and the optional extra flavours of vanilla bean, coffee beans, honey, cinnamon, cocoa nibs etc.
You'll also need a bit of patience, as it may take around 15 minutes for the nuts to start releasing their oils to form the paste. If you like, you could add a small amount of oil.
Most nut butters work best when the skins are removed. However, almond butters taste great when the almond skins are left on.
Add the optional flavours at the end of processing.

No Comments

Nuts and brain health
Currently evidence shows eating nuts regularly is good for brain health, but how? Can they improve learning? Boost memory? Listen to our free webinar (1 hour) to find out.
Associate Professor Alison Coates from Uni SA explores the latest evidence about nuts and brain health, which shows:

- Nuts improve blood flow, reduce cell damage and inflammation.
- Regularly eating nuts can improve cognition, improve learning and boost learning and memory skills.
- Daily nut consumption may lower the risk of depression, via the production of the feel-good hormone, serotonin.
- Nuts may be important in reducing the risk of developing Alzheimer’s disease.
- Regularly eating nuts strengthens EEG brainwave frequencies associated with cognition, healing, learning and memory.
- Nuts are packed with nutrients important for brain health, including Vitamin E, B-group vitamins, polyunsaturated fats, minerals and other phytonutrients.

Want to know more? Download our fact sheet or infographic.

No Comments

After school snacks for winter days

Posted by Belinda in Blog, NutENews Blog on July 16th, 2018

As the weather cools down, hungry tummies can be even hungrier by the time they arrive home from school. Set them up for an afternoon of play (and homework!) with some delicious apple cinnamon and walnut fritters or these raspberry and hazelnut muffins.

Why should I include nuts in our afternoon snack?

Nuts are an important part of your child’s diet. They’re rich in healthy fats, high in fibre, a source of protein and contain a wide variety of vitamins, minerals and antioxidants. If your child isn’t allowed to take nuts to school or attends a ‘nut free’ day care, their afternoon snack is a perfect time to make sure they’re getting their healthy handful. Find out more about including nuts in your child’s diet.

No Comments

NutENews June 2018

Posted by admin in Blog, E-Newsletters, NutENews Blog on June 27th, 2018

Hello NutENews readers,

The end of the financial year is nearly upon us. So, in the spirit of talking numbers, we’ve got a ‘Nuts by Numbers’ feature article.

We recently ran a Nuts and Brain Health webcast – we summarise the findings, provide the link to the live recording and links to our new brain health resources which were developed to support this.

Have a client, family member or a friend with a nut allergy who has been advised to continue to consume nuts they are not allergic to? We have updated information on where to purchase nuts in shell.

Coming up in September – Nuts #30days30ways

RESEARCH BITES:

Walnuts and gut microbiome – the gastrointestinal microbiota may contribute to the underlying mechanisms of the beneficial health effects of walnut consumption

Almonds and cardiovascular health – a review

Factors associated with body mass index in children and adolescents – frequent nut consumption linked to lower BMI

The economic burden of not meeting food recommendations in Canada: the cost of doing nothing – Nuts and seeds and whole grains were the top cost contributors rather than vegetables and fruit.

RECIPE: And finally, to warm you up, a recipe via Chestnut Australia “Hearty Chicken with chestnuts and mushrooms – a perfect winter warmer recipe.

Don’t forget, for everything you want to know about nuts, or for images and other resources, please visit our website. You can also follow us on social media where we share recipes, tips and research updates.

Happy reading!!

Belinda

NUTS BY NUMBERS – FEATURE ARTICLE

What Australians consume

According to the Australian Health Survey (2011-13), as well as consumption data based on sales of tree nuts, Australians are consuming an average of 6g tree nuts per person per day. And whilst this is a 60% increase in consumption since the 1995 National Nutrition Survey, it falls significantly short of the recommended amount.

What we should consume?

The Australian Dietary Guidelines define a serving of nuts at 30g and encourage regular consumption as part of the protein food group. A 30g amount equates to roughly a handful of nuts.

How many nuts make up a handful?

Here’s a rough guide to how many nuts make up a 30g serve, or a healthy handful:
• 20 almonds
• 10 brazil nuts
• 15 cashews
• 4 chestnuts
• 20 hazelnuts
• 15 macadamias
• 15 pecans
• 2 tablespoons pine nuts
• 30 pistachio kernels
• 10 walnuts halves

Health by Numbers

Heart disease

• Regularly consuming a handful (30g) of nuts can significantly reduce the risk of developing heart disease by 30-50%
• Around 2 handfuls (~60g) of nuts a day reduces total cholesterol by 5% and LDL cholesterol by 7%.

Diabetes

• Regularly consuming a handful (30g) of nuts may lower the risk of developing Type 2 Diabetes by around 25%

Weight

• Consuming up to 120g nuts/day in an energy-controlled diet results in slight reductions in weight, BMI and waist circumference.
• Up to 20% of the fat in nuts is not absorbed and is lost via the faeces
• Metabolism increases by up to 10% following nut consumption

Health Stars

All unsalted nuts score between 4 and 5 stars

RDI's

A 30g handful of mixed nuts provides around:
• 25% of the RDI for vitamin E
• Nearly 20% of the RDI for magnesium
• Nearly 10% of the RDI for iron and zinc
• 7% of the RDI for folate
• Plus, protein, fibre, plant sterols and omega-3s.

The numbers really do stack up as to why you should aim for at least 30g every day. So, don’t be one of the 95% of Australians who don’t eat a handful of nuts a day.

NUTS AND BRAIN HEALTH WEBINAR

Here’s the link to the recording of you missed it: https://www.webcasts.com.au/n4l310518/

We also produced two new resources to support the event:

Here’s some key take-outs from the webinar:
• Nuts improve blood flow, reduce cell damage and inflammation
• Regularly eating nuts can improve cognition, improve learning and boost learning and memory skills
• Daily nut consumption may lower the risk of depression, via the production of the feel-good hormone, serotonin
• Nuts may be important in reducing the risk of developing Alzheimer’s disease
• Regularly eating nuts strengthens EEG brainwave frequencies associated with cognition, healing, learning and memory
• Nuts are packed with nutrients important for brain health, including Vitamin E, B-group vitamins, polyunsaturated fats, minerals and other phytonutrients.

NUT ALLERGY

Immunologists and allergy specialists often recommend that some people with allergens to one nut or certain nuts, continue to eat the nuts that they are not allergic to, as there is some evidence to suggest that this may be helpful.

For those who can safely eat certain types of nuts, it’s important to ensure that there is no cross contact with other nuts. If cross contact can be completely avoided, such as where nuts are in their shell, or where the grower can guarantee the nut has not come into contact with any other nut, they are deemed safe to consume.

We’ve recently updated our list on where to purchase nuts-in-shell

COMING UP THIS SEPTEMBER

The Nuts30days30ways campaign is back – the campaign will be an image-based campaign, delivered primarily via our Instagram platform throughout the
month of September.
Watch this space and our social media channels for further information.

RESEARCH BITES

Walnut consumption alters the gastrointestinal microbiota, microbially derived secondary bile acids and health markers in healthy adults: A randomised controlled trial.

The study aimed to assess the impact of walnut consumption on the human gastrointestinal microbiota and metabolic markers of health.
Walnut consumption affected the composition and function of the human gastrointestinal microbiota. These results suggest that the gastrointestinal microbiota may contribute to the underlying mechanisms of the beneficial health effects of walnut consumption.

Almonds and cardiovascular health: a review

Several preventive strategies to reduce dyslipidemia have been suggested, of which dietary modification features as an important one. This review critically examines the available evidence assessing the effect of almonds on dyslipidemia in the South Asian (particularly Indian) context.

Factors associated with body mass index in children and adolescents: an international cross-sectional study

The aim was to investigate the association between postulated risk factors and body mass index (BMI) in children and adolescents. Although several early life exposures were associated with small differences in BMI, most effect sizes were small. Larger effect sizes were seen with current maternal smoking, television viewing (both with higher BMI) and frequent nut consumption (lower BMI) in both children and adolescents.

The economic burden of not meeting food recommendations in Canada: the cost of doing nothing

In this study, the authors estimated the economic burden of chronic disease attributable to not meeting Canadian food recommendations. Nuts and seeds and whole grains were the top cost contributors rather than vegetables and fruit. Interventions to reduce the health and economic burden of unhealthy eating in Canada may be more effective if they are broad in focus and include promotion of nuts and seeds and whole grains along with vegetables and fruit rather than have a narrow focus such as primarily on vegetables and fruit.

RECIPE: DELICIOUS AND HEARTY CHICKEN WITH CHESTNUTS AND MUSHROOMS
Courtesy of Chestnuts Australia

- 250g fresh chestnuts (or 200g frozen peeled)
- 8 dried shiitake mushrooms
- 3 tbls extra virgin olive oil
- 3cm-long piece of ginger, peeled and thinly sliced
- 1 onion, peeled, halved and cut into ¼ cm wedges
- 8 chicken thighs, bone in, skin on
- 8 chicken drumsticks, bone in, skin on
- 5 tbls dark soy sauce
- 125ml dry sherry
- 1 tbls caster sugar
- 2 pinches salt
- 1 whole star anise
- ½ tsp cracked pepper
- 250ml water

No Comments

NutENews March 2018

Posted by admin in Blog, E-Newsletters, NutENews Blog on February 28th, 2018

Hello NutENews readers,

Welcome to our first issue for 2018!

We're very excited to announce that our General Level Health Claim is now appearing on packs on your supermarket shelves. Read our feature article here.

And to kickstart the year, we're showcasing some interesting research conducted in New Zealand amongst both health professionals, as well as the general population:

- Current nut recommendation practices differ between health professionals in New Zealand
- Barriers to and facilitators and perceptions of nut consumption among the general population in New Zealand

RESEARCH BITES:
Here's a snapshot of more of the latest research.
Feature Article – General Level Health Claim

Nuts for Life has been busy over the last year or so assisting our contributors in being able to make a General Level Health Claim relating to nuts and heart health.

Nuts have been in the limelight since the early 1990’s with the publication of two landmark studies showing the benefits of nuts for reduced risk of coronary heart disease, and for lowering blood cholesterol. Since then, a wealth of evidence has been published which has continued to support these findings.

As a result, Nuts for Life has worked with a team of researchers to pull this body of evidence together to be able to substantiate a nut and heart health general level health claim. The systematic literature review covers over 100 scientific papers published between 1966 – 2014. The systematic review was conducted in accordance with the methodology required by FSANZ for the self-substantiation of general level health claims.

The claim applies to unsalted, raw, dry or oil roasted nuts, either whole, or as pieces or pastes (nut butters).

We’re very proud to announce that the first few products using the nut heart health GLHC are now starting to appear on supermarket shelves. Below are just some examples.

New Zealand Research

Current nut recommendation practices differ between health professionals in New Zealand


Despite evidence linking regular nut consumption with reduced chronic disease risk, population-level intakes remain low. Research suggests nut-promoting advice from doctors facilitates regular nut consumption. However, there is no information on current nut recommendation practices of health professionals. The aim of the present study was to examine the advice provided by health professionals regarding nut consumption. Study participants (identified from the NZ electoral role) were invited to complete a survey including questions about their nut recommendation practices.

Results: In total 318 dietitians, 292 general practitioners and 149 practice nurses responded. Dietitians were more likely (82.7%) to recommend patients increase consumption of nuts than general practitioners (55.5%) and practice nurses (63.1%; both P<0.001). The most popular nuts recommended were almonds, Brazil nuts and walnuts, with most health professionals recommending raw nuts. The most common recommendation for frequency of consumption by dietitians and practice nurses was to eat nuts every day, while general practitioners most frequently recommended 2-4 times weekly, although not statistically significantly different between professions. Dietitians recommended a significantly greater amount of nuts (median 30 g/d) than both general practitioners and practice nurses (20 g/d; both P<0.001).

Conclusion: Dietitians were most likely to recommend consumption of nuts in accordance with current guidelines, but there are opportunities to improve the adoption of nut consumption recommendations for all professions. This may be a viable strategy for increasing population-level nut intakes to reduce chronic disease.

How this compares with Australia

Nuts for Life has been busy tracking the practices of health professionals over the last 10 years, with the latest research conducted in 2015. Whilst the questions we asked were not identical, here’s what our results show for similar questions:

- 89% of dietitians agreed with the statement “eating nuts are very important and specifically recommend them to my clients”, compared to only 9% of GPs. In contrast, 76% of GPs agreed with the statement “eating nuts are OK in moderation but I don’t specifically recommend them to my clients”.
- When asked about the recommended serving size, the majority of all health professionals indicated either 20g (27%) or 30g (38%).
- In terms of frequency, 72% of all respondents indicated that we should be eating nuts at least once a week or more.

So similar to that conducted in New Zealand, our research indicates that dietitians were most likely to recommend consumption of nuts in accordance with current guidelines, but there are also opportunities to improve the adoption of nut consumption recommendations for all professions.

Barriers to and facilitators of nut consumption among the general population in New Zealand


Objective: Despite considerable evidence supporting the health benefits of regular nut consumption, nut intakes remain lower than recommended among many populations. Understanding how the general population perceives nuts could inform strategies to promote regular nut consumption and increase intakes among the general public.

Participants were randomly selected from the NZ electoral roll and were invited to complete a questionnaire which included information on nut consumption and knowledge and perceptions of nuts.

Results: A total of 710 participants completed the questionnaire (response rate 44%). More than half of the respondents believed that nuts are healthy, filling, high in protein and high in fat. The most common reason cited by consumers for eating nuts was taste (86% for nuts, 85% for nut butters), while dental issues was the most frequent reason for avoidance. About 40% of respondents were not aware of the effects of nut consumption on lowering blood cholesterol and...
Conclusions: Despite overall basic knowledge of the nutritional value of nuts, a substantial proportion of the general population was unaware of the cardioprotective effects of nuts. The present study identified common motivations for eating and avoiding nuts, as well as perceptions of nuts which could affect intake. These should guide the content and direction of public health messages to increase regular nut consumption. The public’s knowledge gaps should also be addressed.

RESEARCH BITES

Cashew Nut Consumption Increases HDL cholesterol and reduces systolic blood pressure in Asian Indians with type 2 Diabetes: a 12-week randomised controlled trial.

The study aimed to investigate the effects of cashew nut supplementation (30g/day) on glycemia, body weight, blood pressure, and lipid profile in Asian Indians with type 2 Diabetes Mellitus (T2DM).

Conclusion: Cashew nut supplementation in Asian Indians with T2DM reduced systolic blood pressure and increased HDL cholesterol concentrations with no deleterious effects on body weight, glycemia, or other lipid variables.

Walnut consumption in a weight reduction intervention: effects on body weight, biological measures, blood pressure and satiety
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5715655/

The objective of this study was to compare the effects of a walnut-enriched reduced-energy diet to a standard reduced-energy-density diet on weight, cardiovascular disease risk factors, and satiety.

Conclusions: The findings provide further evidence that a walnut-enriched reduced-energy diet can promote weight loss that is comparable to a standard reduced-energy-density diet in the context of a behavioural weight loss intervention. Although weight loss in response to both dietary strategies was associated with improvements in cardiovascular disease risk factors, the walnut-enriched diet promoted more favourable effects on LDL-C and systolic blood pressure.

Nut consumption and cardiovascular risk factors: A cross-sectional study in a Mediterranean population.

The aim of this study was to identify factors associated with nut intake in a Mediterranean population, in Croatia, and to investigate the association of nut intake and various cardiovascular risk factors.

Conclusions: It appears that frequent nut consumption is an integral part of a healthy lifestyle and better socioeconomic status. A beneficial association of nut intake with cardiovascular risk factors was confirmed in this study.

So, there you have it – more evidence to support the fact that eating nuts is good for your health. Encourage your friends and family, work colleagues and clients to eat at least a handful of nuts… every day.

RECIPE: DELICIOUS SALAD BOWL MADE WITH OUR NATIVE NUT – THE MACADAMIA

Brown Rice Super Bowl with Macadamia Za’Atar brought to you by Australian Macadamia Society.
Not only is this a super bowl, but it’s super yummy and super good for you, and looks so good!

Ingredients

For the za’atar
- 1 cup macadamias
- ½ cup thyme leaves
- ¼ cup oregano leaves
- 1 tablespoon sumac
- 2 teaspoons sea salt

For the super bowl
- 8 small beets, washed, trimmed and halved
- ¼ medium sized Jap pumpkin, de-seeded, cut into 3cm chunks
- 4 small sweet potatoes, halved lengthways
- 1 bunch baby carrots, trimmed
- 1 tablespoon macadamia oil
- 1 cup brown rice, soaked overnight, drained
- 3 teaspoons macadamia oil
- 2 teaspoons vegetable oil such as light olive oil
- 2 cloves garlic, crushed
- 1 head broccoli, cut into florets, blanched
- 1 bunch silver beet, washed, stems removed
- juice of half a lemon (or to taste)
- 1 bunch watercress, trimmed
- 2 avocadoes, halved, peeled and sliced
- juice of half a lime (or to taste)
- 16 macadamias, roasted

Methods

To make the za’atar, preheat oven to 180°C. Place the macadamias, thyme and oregano leaves on a tray. Place in the oven and roast for 10 minutes, until macadamias are golden and leaves are crisp. Place in a small blender or mortar and pestle and add the sumac and salt. Pulse until a fine texture is achieved (do not over process as the mixture will stick together). Allow to cool before storing in an airtight container.
Assemble the salad by arranging all the ingredients into individual bowls. Sprinkle generously with the za’atar and roasted macadamias and serve immediately.

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**NutENews December 2017**

Posted by admin in Blog, E-Newsletters, NutENews Blog on December 12th, 2017

Hello NutENews readers,

Welcome to last issue of NutENews for 2017.

As the year winds to a close we’d like to wish all our NutENews readers and supporters a Merry Christmas and a happy holiday season.

To finish off the year, we’re highlighting two studies on nuts and brain health. Nuts have been in the limelight since the early 1990’s with the publication of two landmark studies showing the benefits of nuts for reduced risk of coronary heart disease[1], and for lowering blood cholesterol[2]. More recently, research is highlighting the benefits of nuts on brain health.

I’ll also showcase three other research studies which once again, highlight the importance of nuts in our diet:

- Nut consumption is associated with lower risk of developing cardiovascular disease.
- Walnuts and appetite control.
- Nut consumption and mortality.

There’s no doubt that nuts are one of those essential plant foods we must include in our daily diet.

I’ll share some tips on why eating nuts over the holiday season is a good idea.

And to celebrate Christmas, why not give our feature recipe a go – **Healthy Christmas Cake** made with almond meal, blanched almonds and walnuts, and packed with dried fruit and spices, it’s sure to be a crowd pleaser. Recipe via Australian Healthy Food Guide Magazine (Dec 2017), from “Food as Medicine: Cooking for your Best Health” by Sue Radd.

Thank you for your support over 2017 and we look forward to bringing more nut stories across your desk in 2018.

Don’t forget, for everything you want to know about nuts, or for images and other resources, please visit our website. You can also follow us on social media where we share recipes, tips and research bites.

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**NUTS AND BRAIN HEALTH RESEARCH**

**Nuts and Brainwaves** – A new study by researchers at Loma Linda University Health has found that eating nuts on a regular basis strengthens brainwave frequencies associated with cognition, healing, learning, memory and other key brain functions.

[https://news.llu.edu/research/study-finds-consuming-nuts-strengthens-beneficial-brainwave-frequencies](https://news.llu.edu/research/study-finds-consuming-nuts-strengthens-beneficial-brainwave-frequencies)

An abstract of the study was presented recently in San Diego, California, and published in the FASEB Journal. In the study titled “Nuts and brain: Effects of eating nuts on changing electroencephalograph brainwaves,” researchers found that some nuts stimulated some brain frequencies more than others. Pistachios, for instance, produced the greatest gamma wave response, which is critical for enhancing cognitive processing, information retention, learning, perception and rapid eye movement during sleep. Peanuts, which are actually legumes, but were still part of the study, produced the highest delta response, which is associated with healthy immunity, natural healing, and deep sleep.

**Nuts and Depression (SMILES Trial)** – A randomised controlled 12-week trial showed that depressed adults following a ModiMedDiet (including 1 serve raw, unsalted nuts/day) had significantly greater improvements in treatment of depression compared to those following a social support control program.

[https://bmcmedicine.biomedcentral.com/articles/10.1186/s12916-017-0791-y](https://bmcmedicine.biomedcentral.com/articles/10.1186/s12916-017-0791-y)

The Supporting the Modification of Lifestyle In Lowered Emotional States (SMILES) trial aimed to investigate the efficacy of a dietary program for the treatment of major depressive episodes, compared to a social support control condition in reducing the severity of depressive symptomatology.

The dietary program: the ‘ModiMedDiet’, (refer Food Pyramid image above) was based on the Australian Dietary guidelines and the Dietary Guidelines for Adults in Greece. The primary focus was on increasing diet quality by supporting the consumption of 12 key food groups (recommended servings in brackets): whole grains (5–8 servings per day); vegetables (6 per day); fruit (3 per day); legumes (3–4 per week); low-fat and unsweetened dairy foods (2–3 per day); raw and unsalted nuts (1 per day); fish (at least 2 per week); lean red meats (3–4 per week) [32], chicken (2–3 per week); eggs (up to 6 per week); and olive oil (3 tablespoons per day), whilst reducing intake of ‘extras’ foods, such as sweets, refined cereals, fried food, fast food, processed meats and sugary drinks (no more than 3 per week). Red or white wine consumption beyond 2 standard drinks per day and all other alcohol (e.g. spirits, beer) were included within the ‘extras’ food group. Individuals were advised to select red wine preferably and only drink with meals.

Results: The dietary support group demonstrated significantly greater improvement in MADRS scores between baseline and 12 weeks than the social support control group. The MADRS is an interviewer-rated instrument, comprising 10 items, each measured on a 6-point scale (scores range from 0–60 with higher scores depicting greater symptom severity).
Conclusion: The closer the adherence to the ModiMedDiet, the more the depressive symptoms improved. In other words, the quality of the diet is closely related to mental and brain health.

**Nuts and Cardiovascular Disease** – Research from Harvard has concluded that nut consumption is associated with lower risk of developing cardiovascular disease (CVD).


The research investigated over 200,000 study subjects from three prospective cohorts assessing nut consumption in relation to CVD, with follow-up for up to 32 years. Results show that participants consuming nuts 5 or more times/week had a 14% lower risk of CVD and a 20% lower risk of coronary heart disease (CHD); but not a lower risk of stroke, compared with participants with the lowest nut consumption. The consistency of findings strongly suggests a causal association between nut consumption and CVD and CHD protection.

The findings support recommendations of increasing the intake of a variety of nuts as part of healthy dietary patterns to reduce the risk of chronic diseases in the general population.

**Walnuts and appetite** – new research may help explain why nut consumption may lower the risk of obesity


It appears that walnuts appear to activate a brain region involved in appetite and impulse control.

For the study, nine people with obesity drank a smoothie that contained about 14 ground walnut halves or a placebo smoothie (identical in taste and calories) for five consecutive days. After a month on their regular diets, the participants returned for another five days, during which the placebo group drank walnut smoothies and vice versa. On day five of both periods, they underwent brain imaging tests while looking at pictures of desirable foods (such as burgers and cake), less desirable foods (vegetables), or neutral pictures of rocks and trees.

When people looked at desirable foods, the brain scans showed more activity in an area known as the right insula after the walnut smoothies than after the placebo drinks. Higher activity in that brain region may reflect enhanced restraint in the face of desirable (and less healthy) foods. That, in turn, may foster healthier food choices, say the authors.

**Nut consumption and mortality** – nut consumption is associated with reduced all-cause and cause-specific mortality


The findings of a recent meta-analysis suggest that nut consumption is associated with reduced all-cause and cause-specific mortality, with the strongest reduction for CHD mortality. Both tree nuts and peanuts may lower mortality and most of the survival benefits may be achieved at a relative low level of nut consumption.

So, there you have it – more evidence to support the fact that eating nuts is good for your health. Encourage your friends and family, work colleagues and clients to eat at least a handful of nuts… every day.

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**Top Xmas Tips**

Traditionally, the festive season is full of social activities and parties whether it be with work colleagues, with friends or with family. They often involve lots of eating, and often lots of drinking too. You may also spend time on holidays, which can take you away from your usual eating and exercise routines. But whilst the festive season is an enjoyable and relaxing time of year, the result could be unwanted weight gain.

So, here’s why nuts are a perfect choice to have on hand over the Christmas break:

- Research shows that the fat content of nuts may cause the release of satiety hormones, helping you to feel full
- Nuts are full of fibre and protein, both of which act to satisfy hunger and reduce appetite
- Nuts can increase metabolism by as much as 10% after eating them
- Nuts have a low GI effect – meaning that they can lower the GI of a meal, which can help satisfy the appetite for longer
- As much as 15% of the energy in nuts is excreted – in other words, you don’t absorb all the energy in nuts
- If you eat nuts in their shell (which are usually always available over Christmas), the mere process of cracking the shells will slow-down your eating pace.

And here’s a few tips on getting nuts into your day:

- Start your day the right way with a fibre-full brekkie – try a smoothie or bircher with oats, fruit and or course, a handful of nuts
- Toss them into salads, or make a dressing out of blitzed nuts
- Snack on nuts between meals – try making your own spiced nuts for something different
- Add nuts to your cheese and fruit platter
- Try roasted chestnuts in place of potatoes with your Christmas meal
- Roasted chestnuts are perfect in a home-made poultry stuffing
- Crush nuts over fresh fruit and yoghurt/ice-cream
- Use a pure nut spread (e.g. almond or brazil nut spread) on toast in place of butter or margarine.
- Add extra crunch to dips with nuts (e.g. macadamias or walnut pieces)

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**HEALTHY CHRISTMAS CAKE RECIPE**

This recipe takes the Christmas cake to a whole new level. Made with almond meal, blanched almonds and walnuts, and packed with dried fruit and spices, it’s sure to be a crowd pleaser.

Recipe via Australian Health Food Guide Magazine (Dec 2017), from “Food as Medicine: Cooking for your Best Health” by Sue Radd.

**Ingredients**

- 3 eggs
- 3 tablespoons extra-virgin olive oil
- Zest of 1 whole orange
- ½ cup orange juice
- 1 teaspoon ground cassia
• ¼ teaspoon ground nutmeg
• 1 teaspoon pure vanilla extract
• 600g dried apricots, figs and raisin (use equal amounts of each), coarsely chopped
• 1 cup almond meal
• 1 cup plain wholemeal flour
• ½ cup walnuts, chopped
• 20 blanched almonds
• 1 tablespoon apricot jam

Method

1. Grease a round 18cm baking tin or rectangular 13x23cm loaf tin with olive oil, then line with baking paper. Preheat oven to 180 degrees C.
2. In a large mixing bowl whisk eggs, oil, orange zest and juice, and stir in spices and vanilla extract.
3. Add dried fruit, almond meal, flour and walnuts to the mixture. Fold until well combined so that there are no clumps of fruit.
4. Transfer the mixture into the prepared baking tin, pressing it down to remove any air pockets. Make a gentle hollow in the middle to prevent the cake from peaking.
5. Press the almonds on top into a pattern and then bake for 50-55 minutes, or until cooked (cover cake in foil for the last 10 minutes to prevent raisins from burning). Test cake is cooked by inserting a skewer into the middle of the cake, which should come out fairly dry.
6. When cooked, remove cake from oven, but leave in tin for about 30 minutes.
7. Remove cake from tin, peel off baking paper and cool completely on wire rack.
8. Warm jam and brush over the top for a glaze.
9. Store cake in an airtight container in the pantry for up to 2 weeks. Also suitable for freezing.

References


NutENews October 2017

Hello everyone,

Welcome to another edition of NutENews. It's been a little while since our last newsletter – and this one is my first as Nutrition Program Manager at Nuts for Life.

Some of you may already be aware that after an impressive 13 years, Lisa Yates resigned from her position of Program Manager at Nuts for Life.

I was fortunate to have worked with Lisa over the last 18 months in a consultant role to Nuts for Life. It is without doubt that Nuts for Life would not be where it is today without Lisa’s strategic planning and meticulous scientific rigour, resulting in significant wins for the nut industry. From changes in community attitude to nuts, to changes in public health, Lisa should be extremely proud of her achievements and in helping to shape Nuts for Life.

I will certainly miss Lisa’s energy and her passion for nuts, and I wish her all the very best in her future endeavours.

The reigns are now in my hands as I take Nuts for Life into the next generation.

In this edition we highlight a new study, Nut intake and 5-year changes in body weight and obesity risk in adults: results from the EPIC-PANACEA study (1), which found that people who include nuts in their diet are more likely to reduce weight gain and lower the risk of overweight and obesity (read more here).

I’ll also showcase (in a nutshell) some of the most interesting research that has been released of late.

And as we embrace the warmer days of spring, we hope you’ll enjoy this delicious recipe from Australian Almonds which will compliment any barbecue or picnic (view recipe here)

Don’t forget, for everything you want to know about nuts, or for images and other resources, please visit our website. You can also follow us on social media where we share recipes, tips and research bites.

Happy reading!!
Belinda

LATEST RESEARCH

Nut intake and 5-year changes in body weight and obesity risk in adults: results from the EPIC-PANACEA study

A study recently published online and scheduled soon for publication in European Journal of Nutrition has found that people who include nuts in their diet are more likely to reduce weight gain and lower the risk of overweight and obesity.

The five year study evaluated data from more than 373,000 Europeans between the ages of 25 and 70. It found that participants gained a mean average of 2.1 kilograms during the five-year period of the study. However, participants who ate the most nuts not only had less weight gain than their nut-abstaining peers, but also enjoyed a 5 percent lower risk of becoming overweight or obese.

Senior investigator Joan Sabaté, director of the Centre for Nutrition, Lifestyle and Disease Prevention at LLUSPH and junior investigator Heinz Freisling, a nutritional epidemiologist with the Nutritional Methodology and Biostatistics group at IARC headquarters in France, have evaluated nuts in the past and found that they are positively associated with a variety of health benefits, including healthy aging and memory function in seniors. This study, however, represents the...
first time they have investigated the relationship between nuts and weight on a large scale. Peanuts, (technically a legume), were included in the study along with almonds, hazelnuts, pistachios and walnuts, which are classified as tree nuts.

The team analysed information on the dietary practices and body mass indexes of 373,293 participants, working with data gathered by the European Prospective Investigation into Cancer (EPIC) and Nutrition. Although Sabaté and Freisling extracted and analysed the data and reported the findings, they were joined by 35 other research scientists from 12 European countries and Malaysia who reviewed the paper ahead of publication.

People often think of nuts as being an energy-dense, high-fat food and therefore not a good choice for individuals who want to lose weight. The findings of this research very much contradict that assumption.

This research further supports evidence spanning more than two decades which has concluded that compared with non-nut eaters, those who eat nuts tend to have a lower BMI and are less likely to gain weight over time (refer Nuts and the Big Fat Myth). Additionally, in 2015, Nuts for Life commissioned a systematic literature review to assess the impact of nuts on heart health parameters and to determine if weight change affects these results. The researchers found that regular nut consumption contributes to heart health without causing weight gain (2).

So there you have it – more evidence to support that eating nuts does not lead to weight gain. Encourage your friends and family, work colleagues and clients to eat at least a handful of nuts… every day.

References:


IN A NUTSHELL

Dry roasting and lightly salting nuts do not appear to negate the cardioprotective effects observed with raw nut consumption. Public health messages could be extended to include dry roasted and lightly salted nuts as part of a heart healthy diet. https://www.ncbi.nlm.nih.gov/pubmed/26746221

Consuming ≥ 4 servings/week of nuts may reduce the risk of T2DM compared with <1 serving/week, based on results of The Tehran Lipid and Glucose Study. https://www.ncbi.nlm.nih.gov/pubmed/27865656

Despite their nutritional value, population-level nut consumption remains low. Studies suggest that individuals would eat more nuts on their doctor’s advice, making health professionals potentially important for promoting nut consumption: Perceptions and Knowledge of Nuts amongst Health Professionals in New Zealand https://www.ncbi.nlm.nih.gov/pubmed/28257045

SPRING RECIPE

This recipe is brought to you by Australian Almonds – a delicious Almond, Quinoa and Pomegranate salad – the perfect partner for any barbecue or picnic! https://amazingalmonds.com.au/2014/01/30/almond-quinoa-and-pomegranate-salad/

Ingredients

- 3 cups water
- 1 cup quinoa
- 1 cup Greek yoghurt
- 1 tablespoon ground cumin
- 1 tablespoon honey
- 5 tablespoons raw almonds
- 1 can lentils
- ½ cup sultanas
- 1 bunch coriander (roots, leaves and stems), chopped
- ½ bunch parsley (leaves and stems), chopped
- 1 red onion, finely diced
- 5 tablespoons mixed pumpkin seeds (pepitas), sunflower kernels and pine nuts OR an equivalent variation e.g. 3 tablespoons pepitas and 2 tablespoons pine nuts
- 2 tablespoons baby capers
- Juice of 1 lemon
- 3 tablespoons extra virgin olive oil (best quality)
- Salt (salt flakes, preferably) to taste
- 1 pomegranate, deseeded, to serve

Instructions

1. Bring 2 cups water and 1 cup quinoa to the boil and then simmer for 10-15 minutes until water is fully absorbed. Turn off heat and leave to cool.
2. Mix the yoghurt, ground cumin and honey in a small bowl until combined and then refrigerate until needed.
3. Toast almonds in a dry (no oil) fry pan for a few minutes and then cool. Bash into small pieces with a mortar and pestle (or cut into small pieces with a large knife) and set aside.
4. In a medium bowl, place the quinoa, almonds, coriander, parsley, red onion, lentils, capers, sultanas, lemon juice and olive oil. Mix well and season with salt flakes to taste.
5. Spoon salad into serving dish and dollop over cumin yoghurt. Garnish with pomegranate seeds.
Hi there,

We’re already more than halfway through March which means halfway through #nuts30days30ways! Time certainly flies when you’re having fun creating, cooking, snapping, munching! There’s still plenty of time to join us and our ambassador Libby Babet and enjoy a handful of nuts every day as a snack or in meals. A handful a day as part of a healthy diet contributes to heart health without weight gain.

### Winners of Our Photography Competition

Each week we choose a beautiful photo and our first two winners are:

**Laura Ford** @laurafordnutrition, our WEEK ONE WINNER, with her stunning breakfast porridge with chopped almonds!

**Lisa Sengul** @eatingupwiththedietitian, our WEEK TWO WINNER of our ‘colourful’ theme with her delicious toasted rye with fresh figs, walnuts, honey and cottage cheese. Congratulations to your both.

### New Health Research

**Did you know?**

A new study shows not eating enough nuts and seeds is one of the biggest dietary reasons increasing deaths from heart disease, stroke and diabetes in the US.

The study, published in the journal JAMA today, revealed the worst dietary issue was eating too much salt (linked to 9.5% of deaths) and second was a low intake of nuts and seeds (linked with 8.5% of deaths). These were ahead of not eating enough fruit and veg, and drinking too many sugary drinks.

Low nut intake is also an issue in Australia, attributing to 16% of the total cost burden of heart disease whereas a diet low in vegetables is 10%.


### ARE YOU UP FOR THE #NUTS30DAYS30WAYS CHALLENGE?

**Posted by** admin in Blog, E-Newsletters, NutENews Blog on April 10th, 2017

Hi there,

It’s Day 1 of #nuts30days30days challenge are you in?

These nutrient-packed morsels continue to amaze researchers as they uncover more and more nutty health benefits from weight management, to heart and brain health, to living longer. Yet on average, Aussies eat just 6g of nuts a day, well short of the 30g recommended serve. In March, please join us in encouraging people to make nuts a daily healthy habit, just like fruit and veg!

**Take our #nuts30days30ways challenge!**

It’s as easy as enjoying a handful of nuts every day for the month of March!

Libby Babet, from the all-new The Biggest Loser: Transformed, will kick off the #nuts30days30ways challenge on 1st March 2017, and keep us motivated with plenty of inspiration to go nuts!

**How to take part**

**Spread the Word**

Inspire others by sharing your daily nut fix on social media, like this amazing pic from @84th&3rd.

Be sure to include the hashtag #nuts30days30ways to go into the draw for great weekly prizes. This week we’re giving away a nut gift pack and a $100 Lorna Jane gift card – to enter post your nutty pic to Facebook or Instagram by Wednesday 8th March.

Download our badges and inspirational booklet here

### New Health Research

**Did you know?**

Chomping on nuts could help you stick to a healthier diet. Yale University researchers found when people with diabetes added a handful of walnuts to their daily diet, it triggered a major shift towards eating more seafood, more plant foods and generally healthier tucker.

Find out more

No Comments
6 ways nuts are good for the body

There are so many good reasons to eat a handful of nuts on a daily basis. Here’s why...

Brain

Walnuts look like a brain so are they good brain food? Oxidative stress and inflammation can lead to neurodegeneration and cognitive decline. Research shows a walnut rich diet is good for brain health[1]. Antioxidant polyphenols and forms of vitamin E in walnuts can reduce oxidative stress and inflammation. The polyunsaturated fats in walnuts also help to maintain brain neuron integrity and can weaken the protein aggregation involved in Alzheimer’s disease. A large population study recently found about 10g of walnuts a day was positively associated with cognitive function amongst adults aged 20-59 years, regardless of age, gender or ethnicity [2]. Researchers suggested a daily serve of walnuts is a good choice for brain health.

Eyes

Age-related macular degeneration (AMD) is the leading cause of vision loss in people aged over 50 years. It damages the macula, a small yellow spot near the centre of the retina and the part needed for sharp, central vision. The Blue Mountains study [3], which investigated over 2,400 elderly Australians, followed up at both 5 years and 10 years, showed that 1-2 serves of nuts per week was associated with reduced risk of incident early AMD. Similarly, another Australian study concluded that food patterns high in nuts (along with other healthy foods) is associated with a lower prevalence of advanced AMD [4]. So it’s a matter of seeking nuts and enjoying them regularly.

Heart

A daily handful of nuts can reduce your risk of developing heart disease by helping to control cholesterol. A meta-analysis combining the results of 25 nut and cholesterol lowering studies showed around two handfuls of nuts a day (67g on average) significantly reduced total and LDL cholesterol by 5% and 7% respectively [5]. This is supported by a more recent review of 61 trials finding that eating more than 60g of nuts per day lowers total and LDL cholesterol [6].

Blood vessels

From reducing atherosclerosis or the hardening of arteries to vascular reactivity, nuts also help to protect blood vessels. PREDIMED – a large, five year study – found a Mediterranean diet supplemented with either extra virgin olive oil or 30g of mixed nuts a day (walnuts, almonds, hazelnuts) significantly reduced blood pressure; decreased fasting glucose; increased insulin sensitivity; reduced inflammatory biomarkers such as cytokines; reduced oxidised LDL cholesterol and reduced fasting triglycerides.[8] All biomarkers which affect blood vessels. Nut antioxidants helps reduce other inflammatory markers such as C reactive protein[9] and improve endothelial function or the elasticity of blood vessels.[10]

Intestines

Our health is closely tied to the community of bacteria that lives in our intestine – the gut microbiome. Researchers assumed gut bacteria is only needed to help keep the colon healthy but we are now learning how gut bacteria impacts inflammation and chronic disease, such as obesity. Foods effect, not just the amount of, but also the type of bacteria in the gut, and nuts are one of these foods. Nuts are food (prebiotics) for the bacteria (probiotics). Nut skins in particular are rich in fibre and phytochemicals with antioxidant and anti-inflammatory properties.[11] Emerging research has found raw and roasted almonds increase gut bacteria growth.[12][13] Raw almonds stimulate the growth of bifidobacteria and Eubacterium rectal bacteria, which lead to increased butyrate production – a short chain fatty acid which is thought to keep colon cells healthy.[13] Those of us colonised with Faecalibacterium, Bifidobacterium and Lactobacillus bacteria have significantly less risk of developing obesity-related diseases such as type 2 diabetes and cardiovascular disease.[15-17] These species produce high levels of lactate, propionate and butyrate short chain fatty acids [16] which impact on inflammation. Inflammation is linked to insulin resistance, which consequently leads to weight gain. There is so much left unanswered but this new area of study offers promising results. Until such time, healthy diets need to be high in fibre and include amongst other foods – nuts, to provide sources of prebiotics to positively influence the gut microbiome.

Weight

Contrary to what a lot of people still believe, nuts do not cause weight gain despite their high fat content. In both large population based studies and clinical trials, nut consumption is positively associated with weight management, particularly prevention of weight gain. A systematic literature review which analysed 68 intervention studies found consuming 15-126g nuts a day was associated with a small reduction in weight, body mass index (BMI), and waist circumference of 0.32%, 0.67% and 0.84% respectively but clearly no weight gain.[18] Here’s six ways nuts effect weight:[19]:

- **Nuts help control appetite** – healthy fats release satiety hormones in the intestine; fibre and protein act to satisfy hunger – so reducing our overall desire to eat.
- **Nuts reduce energy absorption** – Up to 15% of the energy in nuts is excreted, with studies finding nut eaters excrete more fat in their stools, meaning less fat and energy is absorbed.
- **Nuts increase metabolism** – Up to 10% of the energy in nuts is used up digesting nuts.
- **Nuts exert a low glycemic index (GI) effect when added to meals** – fat and protein slow the digestion of a carbohydrate rich meal, resulting in a slower rise in blood glucose and satisfying the appetite for longer
**Breakout box**

*Storehouse*

When was the last time you stopped by Storehouse and had a read of the quality nutrition information we stock from over 100 Australian qualified dietitian and nutritionist bloggers? [https://storehouse.scoopnutrition.com](https://storehouse.scoopnutrition.com) Please drop by you’re bound to find something of interest from nutrition and health advice, to recipes, to new food products, to cafe and restaurant reviews to to to...

**Breakout box**

The most popular section of our website is our Frequently Asked Question (FAQ) section. If you’re looking for answers we have them. Are roasted nuts better than raw, what is the best nut, should we activate our nuts – all the answers are here: [https://www.nutsforlife.com.au/frequently-asked-questions](https://www.nutsforlife.com.au/frequently-asked-questions)

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**Christmas recipe**

**Christmas Spiced Nuts**

4 cups mixed nuts or ½ cups of 8 varieties
2 teaspoons ground cinnamon
½ teaspoon ground mixed spice
1 teaspoon ground ginger
3 teaspoons pure maple syrup
1 egg white

Preheat oven to 160C. Combine all the ingredients in a large bowl and toss with your hands, making sure nuts are coated well. Lay on a baking tray lined with baking paper and cook for 25 minutes until golden. Cool completely and serve. Keep in airtight jar for up to 1 week.

Serves 16 – 34g nuts per serve

**NUTRIENT content per serve – (40g per serve)**

Energy 950kJ, Protein 5g, Fat 21g (Saturated fat 2g), Carbohydrate 3g, Sugars 2g, Fibre 3g, Sodium 6mg

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**References**


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NutENews November 2016
They are concerned by the fact that rates of cardiovascular disease have stabilised over the last five years when the previous 50 years saw a regular decline. The authors question have we become complacent and taken our eye off the ball. So many Australians have untreated high cholesterol, blood pressure and blood glucose and rates of diabetes and obesity continue to rise.

It comes as no surprise to us, as you might expect, think this is in part due to a lack of eating nuts.

The conclusion: A daily 30g handful of nuts as part of a healthy diet contributes to heart health without weight gain.

Nuts deserve the halo effect of fruits and vegetables and nut consumption should be encouraged just like fruits and vegetables for heart health and weight management.

Encourage your friends and family, work colleagues and clients to eat at least a handful of nuts every day to reduce their risk of heart disease and manage weight.

Warm regards
Lisa Yates
Program Manager and Dietitian
Nuts for Life

For more information visit the Nuts for Life website


What’s new from PREDIMED?

Following the Mediterranean diet with extra olive oil or the Mediterranean diet plus 30grams of nuts a day for around 4.8 years resulted in a 30% reduced risk of cardiovascular disease (CVD) compared to following the lower-fat diet. This was without advice to restrict energy or exercise. Diabetes risk was also reduced – by 40% for the olive oil diet group and 18% for the nuts group compared to control. Both diet groups also produced significant improvements in a range of risk factors: blood pressure, insulin sensitivity, blood lipids, lipoprotein particle size, inflammation, oxidative stress, and carotid atherosclerosis.

Both Mediterranean diets with olive oil or nuts may counteract the effects of increased adiposity on the risk of CVD. As waist to height ratio, BMI or waist circumference increased there was a significant increased risk of CVD events but this was only significant in the control lower-fat diet group. Those consuming a lower-fat diet and who gained weight or central adiposity, their risk of CVD increased. Whereas those consuming the Mediterranean diets with olive oil and nuts were more protected from CVD even if their weight and central adiposity increased. This suggests a Mediterranean diet with extra olive oil and nuts (healthy fats) counterbalanced the effects of adiposity on the risk of CVD.
Prof. Mattes presented the three key reasons that nuts have a limited impact on weight and energy balance:

“Nuts may also be especially useful as a snack because they provide a wide range of nutrients while having little impact on daily energy intake.”

“While, clinical trials document the inclusion of a moderate portion of nuts, up to 40 grams a day, does not pose a risk for weight gain.

One in four (27.5 per cent) of Australian adults are obese and a further 35 per cent overweight, while 5.1 per cent have diabetes. The Australia Health Survey (2011-13) revealed 2.3 million Australians, aged 15 years and over, reported being on a diet to lose weight or for health reasons.

For the media

And now for PREIDMED-PLUS

PREIDMED-PLUS is a new multi-centre, randomised, primary prevention trial on overweight/obese men and women over 55 years with metabolic syndrome. Unlike PREIDMED 1 the intervention is an intensive weight-loss lifestyle program with energy-restricted Mediterranean diet and physical activity compared with a less intensive program using Mediterranean diets (without energy restriction or physical activity) and their effects on CVD risks. There will be about 6000 participants (3000 in each group). Recruitment finishes in December 2015 with the final results available in 2020.

PREIDMED 1 collected so much data after its eight years, it is likely research will uncover more interesting facts (there have been 155 published papers to date) about the benefits of a Mediterranean diet with nuts and olive oil. So we stay tuned…

References

8. https://predimedplus.com/
So in a nutshell – 30g or a handful of nuts a day are healthy and nutritious, they’re good for reducing the risk of heart disease and death from heart disease, blood clots. Regular nut consumption increases LDL cholesterol particle size – helping to make the cholesterol particles less destructive.

Nuts are nutrient dense and rich in nutrients which contribute to heart health such as healthy fats, plant omega 3 ALA, fibre, vitamin E and phytochemicals with anti-inflammatory properties. The recent Amazon Journal of Clinical Nutrition, concluded that higher nut consumption, as part of a healthy diet, contributes to heart health without causing weight gain. This evidence has been summarised into a 16 page report The Nut Heart Health report available here:


*Prof Linda Tapsell was named a Member of the Order of Australia (AM) in this year’s Australia Day Honours list for her significant service to health science as an academic and clinician specialising in diet and nutrition. We congratulate her on this wonderful career achievement.

New Australian Research Confirms Links Between Nuts Consumption And Heart Health

High quality scientific evidence confirms regular nut consumption is associated with a reduced risk of death from heart disease and a reduction in heart disease risk factors. Leading nutrition academic and review co-author Prof Linda Tapsell AM said there is consistent evidence for the heart health benefit of nut consumption.

“The review establishes that regular nut consumption as part of a healthy diet is associated with a reduced risk of death from heart disease and a reduction in risk factors for heart disease, in particular cholesterol,” said Prof Tapsell.

“Importantly the benefits with heart health were observed without any adverse effects on weight gain and outcomes were shown to be sustained for periods as long as 20 years. The contribution of nuts to a healthy diet can be easily underestimated. They’re often relegated to a snack food category and sometimes avoided by people trying to lose weight. This scientific evidence provides a very different perspective that deserves attention.”

Key findings include:

- Nut consumption was associated with a moderately reduced risk of death from both coronary heart disease and cardiovascular disease.\(^2\) Fifteen studies were examined including two key observational studies: a US study of 118, 962 people that reported a 30% reduced risk of death from heart disease\(^3\) and a study of 86,016 women reported a 35% reduced risk of total coronary heart disease respectively.\(^4\)
- Eating tree nuts was consistently associated with an unweighted average reduction in total cholesterol of around 3.5%, LDL cholesterol of 4.2% and improved the LDL:HDL ratio, a key indicator of heart disease risk, by 7.3%.\(^2\)
- Eating nuts was not associated with weight gain, a risk factor for heart disease.\(^2\) The studies showed no increase in weight, BMI and waist circumference based on a consumption of nuts ranging from 15-126 grams a day.\(^2\)

“Based on this body of research, nuts can be considered a regular dietary inclusion. Like other plant foods, nuts deliver important components to the diet and as such they can easily be front of mind alongside fruit, vegetables and grains,” said Prof Tapsell.

The amount of nuts eaten in the reviewed studies ranged from 15-168 grams of nuts per day making it difficult to determine an exact dose at which nuts make the greatest contribution without further analysis. However, in reviewing the evidence and the current Australian Dietary Guidelines, the researchers concluded 30 grams, or a handful, a day in a healthy diet is an appropriate recommendation targeting heart health benefits without the risk of weight gain.

Nut consumption in Australia falls a long way short of the recommended 30 gram handful. The documents that underpin the Australian Dietary Guidelines note that for the population, an increase in nut consumption by 350% would align with Healthy dietary models.

The review establishes that regular nut consumption as part of a healthy diet is associated with a reduced risk of death from heart disease and a reduction in heart disease risk factors.

Increased resting metabolic rate: Long-term nut consumption is associated with an 5-10% elevation of resting energy expenditure so we burn more energy eating nuts.

All good reasons to include a 30-40g handful of nuts in the diet each day.

Then two weeks later Nuts for Life launched our Nut Heart Health Report

In 2014 Nuts for Life commissioned Landmark Nutrition, a nutrition research consulting agency, along with Prof Linda Tapsell AM* from the University of Wollongong to undertake a systematic literature review of all the research for nuts, heart disease and weight. After reviewing some 100 studies spanning over 20 years, the review concluded that regular nut consumption, as part of a healthy diet, contributes to heart health without causing weight gain. This evidence has been summarised into a 16 page report The Nut Heart Health report available here:


References

For some time I have been consciously aware when reading about nuts in print and online media, that while all agree nuts are healthy, there tends to be a nut portion caution statement at the end of the article. The portion caution statement goes something like this:

Nuts are a healthy snack because.... but just remember to only consume a small handful.

Is this symptomatic of something else — a fat phobia perhaps? Are we so indoctrinated after so many years of fat bashing that any food that contains fat, even a plant food, must come with a caution?

Yes nuts are rich in fats (49-74%) but the vast majority is from healthy monounsaturated and polyunsaturated fats (1) which contribute to heart health. Yes, when laboratory tested, nuts are high in kilojoules (energy) on average around 830kJ in a 30g handful (1).

But the question is do we absorb all this fat and energy when we eat whole nuts?

Research has found nut eaters excrete more fat in their stools than non nut eaters (2,3). Particularly when eating whole nuts as fat can be trapped in the fibrous structure and excreted (2).

It seems the oil bodies themselves in nuts may resist some digestion (4).

The fats in nuts are likely working in conjunction with the protein and fibre in nuts to help control appetite. Healthy fats increase the satiety hormones in the intestine (3,5-7).

Nut consumption results in less food being eaten overall (8,9).

Nut eaters tend to weight less, have lower BMIs and less risk of developing obesity (10,11).

A review of cholesterol lowering studies found those eating 30-100g of nuts a day did so with no weight gain (12).

Nuts for Life recommends a modest nut intake of 30g a day or a handful – because it reflects the minimum serve used in research and the recommended serve size in the Australian Dietary Guidelines (13).

The recent 2011/12 Australian Health Survey found just 16% or so of those surveyed ate nuts on the day of the survey, while on average Australians ate just 5g of nuts per person per day (12).

The 2008/09 New Zealand Adult Diet Survey also found on average adults ate 5g nuts per day, although nearly 29% of those surveyed ate nuts on the day of the survey. Among nut eaters in New Zealand average total consumption was nearly 18g per day which included nuts from hidden sources such as muesli bars which were not accounted for in the Australian Health Survey results (14).

It is clear however that even nut eaters are only eating half the recommended amount of nuts or less per day so why are we using nut portion caution statements?

As indoctrinated as we have been about fats the same can be said for fruits and vegetables. Everyone knows we need to eat more fruits and vegetables and we have no problems recommending people eat more fruits and vegetables if judging by media articles. No harm can come of eating more fruit and vegetables it seems.

The Australian Health Survey found just over half (54%) of Australians consumed the recommended serves of fruit on the day of the survey (15) but just 7% of the population met the recommended usual intake of vegetables (16).

Recommending greater fruit and vegetable consumption is warranted but then so is eating more nuts.

Regular nut eaters also have a reduce risk of death from cardiovascular disease and mortality in general (17,18). As well as reduced total and LDL blood cholesterol levels (19).

So isn’t it time we retired the nut portion caution statement and encourage greater nut consumption along with fruits, vegetables, legumes and mushrooms?

What do you think?

References

5. Kendall CW et al Acute effects of pistachio consumption on glucose and insulin, satiety hormones and endothelial function in the metabolic syndrome.


15. ABS https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.007~2011-12~Main%20Features~Fruit%20products%20and%20dishes~725


Christmas Spiced Nuts
These Christmas Spiced Nuts are so easy to make and will really get the Christmas party started – love the combination of cinnamon, mixed spice, ginger and maple syrup

View Recipe >

Individual baked ricottas with pine nut and tomato salsa

What is it about pine nuts and tomatoes that complement each other so well? These Mediterranean inspired individual baked ricottas with tomato salsa are a perfect Christmas banquet entree.

View Recipe >

Rocket pear pecan salad
Christmas in Australia to me means great summer salads and I love the classic combination of fruit, cheese and nuts so why not add pear, pecan and feta to a simple rocket salad.

View Recipe >

Turkey buffe with wild rice and nut stuffing

To cook a turkey faster use a buffe (minus the wings and legs) and cook the stuffing separately. Love these individual wild rice and nut stuffing muffins with chestnuts, Brazil nuts and walnuts.

View Recipe >

We wish you and your families a happy and safe Christmas and a wonderful New Year and we look forward to bringing you more NutENews in 2015.

Best wishes
Lisa Yates
Program Manager and Dietitian Nuts for Life

Nuts for Life will be closed from Dec 19 until Jan 12, 2015

NutENews November 2014

2014 – a year of fads

What an interesting year we've had diet-wise. Fads a plenty – paleo, sugar free, gluten free and in a year of comic book heroes on the big and small screen we have our own superhero Activated Nuts and its villain the “Anti-nutrient” Phytate.

Let’s dispell the myths, uncover the truth and shine some light on these fads.

Cheers
Lisa Yates
Program Manager and Dietitian
Nuts for Life

Paleo eating

Those following the Paleo diet believe we should only eat foods available during the Paleolithic era, 2.6 million to about 10,000 years ago, before the neolithic period when domestication of animals and agriculture began. Available foods during the paleolithic were eggs, insects, birds, reptiles, mammals, fruits, berries, honey, tubers, roots, and nuts.

Since many Paleolithic foods are no longer available or are modified by breeding, proponents of the modern Paleo diet avoid grains, legumes and dairy in the belief that modern breeding techniques have made grains less digestible and that our genes have not evolved to digest these foods, leading to chronic diseases.

The modern Paleo diet includes meat, fish, seafood, eggs, vegetables, nuts and seeds, with or without fruit. Advocates also suggest avoiding refined sugars, oils, potatoes, salt and processed foods. The modern Paleo diet appears to be a low-carb, low-sugar, high-protein diet by another name.

While the idea of eating more plant based foods and less highly processed foods is a good one, there is not a lot of convincing research on the health benefits of paleo eating.

There are eight clinical trials (1-9) comparing a paleo diet with other diets and while these preliminary results are intriguing (improvements in weight, blood glucose, blood cholesterol, insulin sensitivity and blood pressure) some of these studies have flaws which may impact the results:

- small participant numbers so under represented,
- most had short time frames (2 weeks to 3 months) and although one study lasted 2 years it had a 30% drop out rate,
- lack of control groups,
- lack of consistency re what foods are included in a paleo diet – some allowed fruit even alcohol,
- diets not kilojoule controlled so any weight loss could have improved the biomarkers listed above and not the actual paleo diet or foods chosen.

Further longer term, larger studies are needed to reproduce these preliminary results.

In the mean time Mediterranean, vegetarian and low GI diets — which include nuts, wholegrains, legumes and dairy — have been more extensively researched and show positive effects on risk reduction and treatment of chronic diseases including heart disease, diabetes, obesity, and cancer. (10-20) The weight of evidence suggests wholegrains, legumes and dairy should be included in the diet.

But for those who are still going to eat the paleo way consider this – one in 12 Australians will get bowel cancer before the age of 85 years (21) and removing wholegrains and legumes from the diet also removes those nutrients which can help reduce the risk of bowel cancer. If you have a family history of bowel cancer you may like to reconsider the paleo diet.

Are you for or against following a paleo diet?

Phytate – the misunderstood good guy
Here’s what I found….

Phytates are the salts of phytic acid (also known as inositol hexaphosphate). This is a storage compound which contains calcium, magnesium and phosphate and is found in plant seeds. During germination, phytates are broken down by phytase enzymes and the minerals released are used by the plant for the developing shoot and root. Because phytate binds to minerals it makes them less available for absorption by the body. For some people who rely solely on only a few types of food this could lead to mineral deficiencies. Culturally however there are ways to process foods to naturally reduce phytates such as soaking, malting, leavening and fermenting. These processes either increase the level of phytase to break down phytate or they contain other compounds that help do that such as lactic acid. Of course for most people eating a varied diet mineral deficiencies are rare, even for vegetarians relying on plant foods rich in phytates such as wholegrains, legumes and nuts.

On the flip side phytates actually have many health benefits and preliminary research is uncovering more such as having antioxidant and anticancerous effects, improving carbohydrate metabolism, reducing calcium kidney stones, reducing bone mineral loss and possibly even reducing oxidative stress in the brain.(23-39)

To demonise phytates based on their negative impact on mineral bioavailability alone means ignoring the evidence for their health benefits. Australians following well-balanced diets do not need to ‘activate’ their grains and seeds to reduce phytates. But if you like the flavour and softer texture of soaked nuts that’s OK too. Just remember to eat a handful of nuts a day, legumes a few times a week and choose mostly wholegrains.

Does it surprise you that phytates are not the villain but the good guy?

I won’t quit sugar – here’s why

I find it distressing that proponents of eating sugar-free are selling sugar-free cook books which in fact still use sugars in their recipes. Those sugars may not be traditional white, brown or raw crystallised sugars but instead they suggest using the more expensive rice malt syrup, barley malt syrup, dextrose (just another word for glucose) and other types of sugars. It’s misleading and deceptive to suggest that sugars are different when they all provide a similar energy content, and that somehow their “sugar-free” cake recipes are any healthier than any other sugar laden cake recipes.

Did you know that nuts naturally contain sugars?

Yes depending on the nut variety nuts contain about 2-6g sugars per 100g and that the type of sugar they contain is sucrose. Sucrose is the type of sugar found in abundance in sugar cane which is juiced and crystallised to white, raw or brown sugar.

Does this mean we should avoid eating nuts because they contain sugars?

Not at all – nuts are seeds and the sugars are naturally present in nuts to help the seed when it germinates. Sugars provide energy to grow a root and shoot. These sugars also help give flavour characteristics to the “nuttiness” of nuts.

Nuts can also affect our blood glucose levels. Adding nuts to meals with carbohydrate can also reduce the rise in blood glucose levels after eating so nuts have a Glycemic Index (GI) lowering affect. Only two nuts have been GI tested because they contain enough carbohydrate to be tested: cashews and chestnuts and both are low GI. Low GI meals and diets provide sustained energy, helping to control appetite.

Raw natural nuts are a great way to get your daily sugar need so remember to eat a handful a day. Nuts that contain added sugars such as: chocolate coated, caramelised, vienna and honeyed nuts are a great choice for parties and festive occasions such as Christmas.

Are you concerned that sugar-free cookbooks still suggest using sugars?

This blog has been adapted from my articles on these topics in Medical Observer – the GP magazine – visit https://www.medicalobserver.com.au/clinical-review/nutrition

References


Welcome to the final NutENews for 2013

Posted by admin in Articles, Blog on December 24th, 2013

2013 has been a great year for Nuts for Life – we celebrated our 10th Anniversary – 10 years of championing NUTrition. There has been so much positive research shared about the health benefits of nuts this year and another great study published in the New England Journal of Medicine is outlined below – nut eaters live longer!

Tis the season to be nutty! I always think of my Nana’s Christmas table at this time of year. As a child we would arrive on her doorstep on Christmas Day and we would settle around the dining table cracking open nuts in shell until lunch was ready. Macadamias required the hammer on the back step however and who doesn’t love using a hammer?

I’m glad I’m not the only nutty one though. Aussies love nuts at Christmas. Nuts sales go up by 40-50% in December. So if you’re not baking your Christmas puddings, cookies and cakes, add a bowl of nuts to the Christmas table or include nuts as ingredients into your festive feast. Nuts add great taste and texture to meals. Need inspiration? Look no further than our recipe pins.

The team at Nuts for Life thanks all our NutENews readers for their continued support in 2013. We send Season’s Greetings, and wish everyone a happy and safe Christmas and a wonderful 2014 when we will have more nutty news to share. Particularly with the launch of our new website.

Cheers

Program Manager and Dietitian Adv APD

Nuts for Life

No Comments

Nuts and mortality: everyone dies eventually, but a new study suggests nut-eaters may not be the first to go

Posted by admin in Articles, Blog, NutENews Blog on December 24th, 2013

An exciting new study was published in late November in the prestigious medical journal The New England Journal of Medicine. In a nut shell the study found that those who ate the most nuts had a lower death rate or a reduced mortality risk. Eating nuts seven or more times per week (that’s a healthy handful daily) had a 20% less chance of dying during the study period than people who didn’t eat nuts. Significant inverse associations were also seen between nut consumption and deaths due to cancer, heart disease, and respiratory disease.

No Comments
The researchers, from prestigious US medical schools and research institutes, including the Harvard School of Public Health and the Harvard Medical School, studied two groups of subjects from the well-known Nurses’ Health Study and the Health Professional Follow-up Study. This resulted in the largest study ever done on nuts and risk of early death – nearly 115,000 men and women being followed over a 30 year period.

These new results support findings of other important, well-known studies, such as the Adventist Health Study, the Iowa Women’s Health Study, and the recent results of the large PREDIMED Spanish study which found that regular nut eaters have a reduce risk of developing heart disease and diabetes.

The Harvard researchers not only took into account a wide range of other healthy and unhealthy behaviours, like exercising or not smoking, they also tested the idea that it might be a result of other things in their diets, such as eating olive oil, or having less salt. The results still held up – nut eaters still did better.

Other published journal papers analysing the same two groups of people have also found that their nut intake was associated with less weight gain over time. And in this new Harvard study, frequent nut eaters were leaner than those who didn’t eat nuts.

The authors of the study propose that it’s the healthy nutrients in nuts, such as healthy unsaturated fats, protein, fibre, vitamins, minerals and phytochemicals which have heart-protective, cancer-protective effects; these components are also anti-inflammatory and antioxidant, which may play protective roles in many chronic diseases.

A study like this – called an observational study – can’t prove that eating nuts causes a reduced risk of early death, the nut eaters may have had other characteristics that meant they lived longer. Only long-term clinical trials can prove cause and effect. But eating a daily handful of nuts is one strategy to promote good health—and hopefully longer life —that everyone can adopt easily and deliciously.

Take a look at this fun 3 min NEJM ‘Quick take’ animation, explaining the study and its results

The Original NEJM paper can be found at: https://www.nejm.org/doi/pdf/10.1056/NEJMoa1307352

The NEJM blog on the nut paper is at https://blogs.nejm.org/now/index.php/nuts-and-all-cause-mortality/2013/11/20/

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Nuts for Life turns 10 – a decade of championing NUTrition

Posted by admin in Articles, Blog, NutENews Blog on December 3rd, 2013

What a great achievement for the 29 members of the Australian Tree Nut Industry (growers, importers, processors, packers) to work in collaboration for so long to fund a unique program that benefits the industry as a whole. Along with some government matched funding from Horticulture Australia, Nuts for Life has been educating Australians (health professionals and the general public) leading to a greater awareness by all of the health benefits of eating nuts regularly. This has lead to an increase in tree nut consumption and supports a growing, prosperous Australian Tree Nut Industry.

Photo: Lisa Yates, Chris Joyce, Liz Munn from Nuts for Life and Prof Joan Sabaté, Loma Linda University - 10 year celebration Australian Nut Conference 18-20th March 2013

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May 2013 Nut E News – Australian Dietary Guidelines

Posted by admin in Articles, Blog, NutENews Blog on May 5th, 2013

The Australian Dietary Guidelines – based on an analysis of more than 55,000 peer-reviewed scientific papers and supported by comprehensive dietary modelling – establish recommendations for the types and amounts of food to consume for good health and chronic disease prevention.

We congratulate the NHMRC for acknowledging the important role nuts play in health and for dispelling many nut myths – particularly the new development that there is a lack of association between nuts and weight gain.

Nuts are identified as a specific food to help “achieve and maintain a healthy weight” (Guideline 1, pg20) because there is evidence to suggest that eating 65-110g of nuts a day is not related to an increase risk of weight gain in the short term Grade C evidence (Note the full body of evidence on nuts and weight was not assessed as the NHMRC requested the literature review cover research from the release of the last dietary guidelines around 2002 to 2009 only).

Proposed mechanisms for effects of nuts on weight are included in the guidelines: increased satiety, increased faecal fat excretion, increased thermogenesis and increased fat oxidation (pg52).

Nuts remain in the lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans food group but it’s exciting to see that healthy fats are back on the menu. Guideline 3 recommends a replacement of saturated fat with healthy fats such as those in “nut butters/pastes” rather than limiting all fats (pg v, 71). This is a fundamental change in policy as no longer do the guidelines recommend limiting total fat but the necessity of replacing saturated fat with sources of healthy fats. This will do much to overcome the low fat diet mantra of years gone by.
The Mediterranean diet once again proves why it is one of the best

The PREDIMED diet study is a rare long-term study undertaken by 16 research groups in 7 communities in Spain over 2003-2011. The acronym PREDIMED stands for PREvención con Dieta Mediterránea (Prevention with Mediterranean Diet). PREDIMED’s objective was to determine whether a long term Mediterranean diet supplemented with additional extra-virgin olive oil or tree nuts, compared to a reduced-fat diet, can prevent cardiovascular diseases (CVD) (cardiovascular death, myocardial infarction and stroke). Researchers also looked for links to incidence of heart failure, diabetes mellitus, cancer and dementia; using blood pressure, fasting blood glucose, lipid profile, inflammatory and other CVD markers.

Nearly 7300 older adults at high risk of CVD, but with no symptoms at the start, were followed for around 5 years on average. The age ranges were 55-80yrs for men and 60-80yrs for women. These older people were randomised to three groups: a reduced-fat control diet group which used ordinary olive oil, a Mediterranean diet supplemented with extra-virgin olive oil (EVO) (1L per week) and a Mediterranean diet supplemented with nuts (30g mixed nuts per day, made up of 15g walnuts, 7.5g almonds and 7.5g hazelnuts). [1,2]

After eight years and over 60 published research papers this study has uncovered many interesting facts about the Mediterranean Diet. Most important however is that the study was ceased ahead of schedule as the results were so surprising the researchers could not ethically allow the control group to continue and not reap the benefits of eating nuts and using extra virgin olive oil.

In relation to nuts specifically however:
- Those following the Medit+Nuts diet had a:
  - 39% lower risk of obesity,
  - 32% lower risk of abdominal obesity,
  - 26% lower risk of Metabolic Syndrome and a
  - 13% lower risk of diabetes compared to the reduced fat group. [3]
- After five years there were fewer incidences of cardiovascular deaths, heart attacks and strokes in those following the Medit+EVO and Medit+Nuts diet groups compared to the reduced fat group. Those following the Medit+Nuts diet had a:
  - 28% lower risk of any cardiovascular end point and especially a
  - 46% reduced risk of stroke. [4]

PREDIMED studies also found the potential mechanisms to help explain these results. Eating a Medit+Nuts diet helps to:
- Reduce lousy LDL cholesterol and triglycerides while preserving healthy HDL cholesterol – risk factors for heart disease [3]
- Reduce blood glucose levels needed for diabetes control [3]
- Manage weight by affecting Body Mass Index and waist circumference which decreased by 0.78kg/m2 and 2.1cm respectively, for each additional serving of nuts eaten. [5]
- Increase antioxidants and anti-inflammatory compounds such as resveratrol to help reduce inflammation. [6]

In a nutshell ……the PREDIMED diet shows that although nuts are high in fat and energy we should all be including a 30g handful of mixed nuts each day as part of a healthy Mediterranean diet. This diet should also include: extra virgin olive oil, fruit, vegetables, legumes, wholegrains, fish, lean meat and reduced fat dairy. Together they help reduce the risk of heart disease and diabetes and most surprising of all play a role in weight management. Eating small regular amounts of plant foods rich in healthy fats is not “fattening”. It’s time to bust the myth and move beyond the low fat diet to a healthy fat diet for weight management.

References


No Comments
Category and archive pages have the potential to both become a great asset and a major headache when it comes to managing SEO for websites or blogs. On a blog, a category page could be a well-structured landing page for information around a specific topic. On an ecommerce website, they can serve as a page for specific grouped products. By the same logic, they can potentially cause conflicts on websites that aren't category-focused, such as marketing agencies. In this post, I’m going to detail how to identify whether you have an issue and if you should noindex your category and archive pages.

Defining Categories

A little behind the scenes here at the Archive: this blog is the province of a wide range of sub-groups, from books and partnerships over to development and collaborators. There’s usually a little traffic jam to schedule or make sure entries don’t go over each other, so this “sequel” post is being written before we return you to other Archive news.

Here’s some observations about Flash and the Internet Ecosystem from the last three rambunctious days. Obviously, the story of us including Flash doesn’t end here – we’ll continue to update Ruffle as it improves, and both users and collaborators are adding new animations at a pretty stunning clip.

Be sure to keep checking the Flash Collection at the Archive for new additions.

What have we learned so far? Archives Category Archive for: ‘Blog’. At the very top inside a div called inner.

Archives

Category Archive for: ‘Blog’

I would like to completely get rid of this but do not see it anywhere inside of the settings. I am using the theme striking if that helps. Look in your theme or child theme folder for a file called category.php, in the top of this file you’ll probably be able to see these divs, if you can’t do a search for the word feature. If you find them just comment them out or delete them. Make sure you save the code snippet that you remove somewhere so that you can put it back if it breaks. If it’s not in category.php, it may be in home.php. hope that helps! share | improve this answer |.