

A Summary of the Health Effects of Nuts



A FACTSHEET FOR HEALTHCARE PROFESSIONALS

The health benefits of nuts have been established from decades of research. Evidence consistently shows that regular nut consumption is associated with good health.

Being nutrient powerhouses packed with essential nutrients and bioactive substances, it's no wonder that nuts are emerging as one of the most relevant foods for optimal health.



The table below is a summary of the health effects of nut consumption based on evidence from systematic literature reviews and meta-analyses.

Highest Quality Evidence	Heart health ^[1, 2]		
		<ul style="list-style-type: none"> ↓ total cholesterol ↓ LDL cholesterol ↓ LDL: HDL cholesterol ratio 29% reduction in CHD risk 21% reduction in CVD risk 	SLR of 117 intervention studies Meta-analysis of 29 prospective cohorts
↑	Weight and anthropometric measures ^[3]		
		<ul style="list-style-type: none"> ↓ body weight (0.22 kg) ↓ BMI (0.16 kg/m²) ↓ waist circumference (0.51 cm) 	SLR of 62 RCTs and 3 prospective cohorts
	Metabolic syndrome ^[4]		
		<ul style="list-style-type: none"> ↓ metabolic syndrome criteria ↓ triglycerides (0.06 mmol/L) ↓ fasting blood glucose (0.008 mmol/L) From median dose of 50g nuts/day 	SLR and meta-analysis of 47 RCTs
	Endothelial function ^[5]		
		<ul style="list-style-type: none"> ↑ endothelial function ↑ flow-mediated dilation by 0.79% 	SLR and meta-analysis of 32 RCTs
	Type 2 diabetes management ^[6]		
		<ul style="list-style-type: none"> ↓ HbA1c by 0.07% ↓ fasting blood glucose (0.15 mmol/L) From median dose of 56g nuts/day 	SLR and meta-analysis of 12 RCTs
	Type 2 diabetes risk ^[7]		
		13% reduction in risk per 4 x weekly serves of 28g of nuts (~30g handful)	SLR and meta-analysis of 5 cohorts and 1 RCT
↓	All-cause mortality ^[2]		
		22% reduction in all-cause mortality per 28g nuts/day	SLR and dose response meta-analysis of 15 cohorts
	Total cancer ^[8]		
		15% reduction in total cancer risk for highest vs. lowest nut intake	SLR and meta-analysis of 12 cohorts and 19 case-control studies
Lowest Quality Evidence	Depression ^[9]		
		↓ risk of depression with nuts and other dietary factors	SLR of 11 cohorts and 1 study on Mediterranean diet

SLR = systematic literature review RCTs = randomised controlled trials



For good health,
enjoy a healthy handful
of nuts every day.

References

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