

Nuts are nutritious, whole foods that are an important component of a healthy diet. They are nutrient dense, being rich in plant protein, dietary fibre, healthy unsaturated fats (mono- and poly-unsaturated), essential vitamins, minerals, plant sterols and polyphenols.

Nuts are naturally gluten-free, low in sodium, and contain no added sugar.

In the context of a healthy diet, regular nut consumption is linked with a reduced risk of:

- **Cardiovascular disease¹**
- **Overweight and obesity²**
- **Type 2 diabetes³**
- **All-cause mortality¹**
- **Cancer and inflammation¹**

Heart health

The body of evidence consistently suggests that nuts are cardioprotective. Regular nut consumption is associated with improvements in several indicators of heart health (including total cholesterol, LDL-cholesterol, and LDL-cholesterol to HDL-cholesterol ratio) and is associated with a reduced risk of cardiovascular disease.^{4,5} Nuts are an excellent source of healthy fats and contain vitamin E, antioxidants, folate, arginine and plant sterols – all of which contribute to heart health.

Body weight

Decades of evidence shows that nuts are not associated with weight gain. In fact, nut intake has been linked with a lower risk of overweight and obesity, and a reduced body weight, body mass index and waist circumference.^{2,6-8} The healthy fats, fibre and protein in nuts help to satisfy hunger and reduce appetite, and the oils help release satiety hormones, telling us when we're full. Some of the fat is also 'trapped' in the fibrous cell wall, meaning it's not absorbed by the body.

Type 2 diabetes

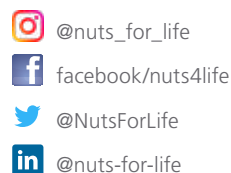
A systematic review and meta-analysis showed that consuming a 30g handful of nuts, four times per week, was associated with a 13% reduction in the risk of type 2 diabetes.³ Nuts contain nutrients and bioactive substances such as healthy fats, fibre and polyphenols that can help improve insulin function, and reduce the rise in blood glucose after eating.³ They also contain magnesium, and a diet high in magnesium has been linked to a reduced risk of developing type 2 diabetes.

*Tips for
getting more
nuts into your
day.*

- Add nuts to your bread, muffin and cake recipes
- Blend nuts into fruit smoothies
- Throw them into salads, stir-fries, pastas and risottos
- Make your own nut butters and pastes
- Add crunch to breakfast by adding them to muesli, cereal or sprinkled over toast
- Make home-made nut-based pesto
- Mix your own trail mixes with your favourite nuts, dried fruit and some chocolate
- Simply enjoy a handful as an 'anytime' snack.

References

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www.nutsforlife.com.au

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NUTRIENT COMPOSITION OF NUTS



**Enjoy a handful of nuts daily.
Essential eating for
good health.**



NUTRIENT COMPOSITION OF RAW, UNSALTED NUTS

		Macronutrients									Minerals									Vitamins						Other			
Per 100g	Energy (kJ)	Protein (g)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polysaturated fat (g)	Omega-3 fat as ALA (mg)	Carbohydrate total (g)	Carbohydrate sugars (g)	Dietary fibre (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Magnesium (mg)	Manganese (mg)	Phosphorus (mg)	Potassium (mg)	Selenium (µg)	Sodium (mg)	Zinc (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg eq)	Folate DFE (µg)	Vitamin B6 (mg)	Vitamin E (mg)	Arginine (g)	Plant sterols (mg)*	Polyphenols (mg)#
 Almond	2385	19.7	50.5	3.8	30.7	12.8	0	5.4	5.2	10.9	265	0.9	3.8	266	3.0	525	796	1.5	0	3.6	0.2	0.07	8.2	37	0.1	31.4	2.3	197	418
 Brazil nut	2886	14.4	68.5	14.8	21.8	29.0	20	2.4	2.1	8.5	150	2.0	2.2	350	0.8	660	560	1917	2	4.1	0.6	0.4	3.8	22	0.3	5.3	2.1*	124	310
 Cashew	2540	17.0	49.2	8.4	31.1	7.6	70	22.9	5.5	5.9	34	1.9	5.0	250	1.4	530	550	33	11	5.5	0.6	0.2	7.3	25	0.4	0.7	2.0	151	269
 Chestnut	727	3.4	0.2	0.04	0.07	0.08	10	32.1	3.3	14.9	18	0.4*	0.7	30	0.3*	38	468	0	1	0.4	0.1	0.02	1.7	58	0.4	0.5	0.2*	DU	2756
 Hazelnut	2689	14.8	61.4	2.7	48.8	7.2	120	5.1	4.4	10.4	86	1.5	3.2	160	3.5	310	680	1	3	2.2	0.4	0.2	5.6	113	0.6	16	2.2*	122	835
 Macadamia	3018	9.2	74.0	10.0	59.6	1.1	200	4.5	4.5	6.4	48	0.4	1.8	95	5.1	200	410	10	1	1.2	0.3	0.1	4.1	11	0.3	1.4	1.4*	116	156
 Peanut	2376	24.7	47.1	8.2	32.7	3.9	0	8.9	5.1	8.2	54	0.8	2.3	160	1.7	370	540	12	1	3	0.8	0.1	19.8	240	0.7	9.5	3.2	DU	396
 Pecan	2973	9.8	71.9	4.5	39.3	24.9	620	4.9	4.3	8.4	51	0.4	2.4	110	5.1	290	500	2	3	3.9	0.4	0.2	3.6	22	0.3	5.6	1.2*	159	2016
 Pine nut	2925	13.0	70.0	4.2	23.0	39.9	190	4.5	3.4	5.1	11	1.2	4.1	230	6.9	560	600	1	3	5.3	0.6	0.2	7.3	34	0.02	12.9	2.4*	236	68
 Pistachio	2542	19.7	50.6	5.8	26.7	16.1	320	15.8	5.9	9.0	90	1.4	3.9	100	1.1	480	950	1	7	2.3	0.6	0.3	5.7	51	1.5	4.1	2.1*	213	1657
 Walnut	2904	14.4	69.2	4.4	12.1	49.6	6280	3.0	2.7	6.4	89	1.4	2.5	150	3.2	370	440	2	3	2.5	0.3	0.2	5.0	70	0.4	2.6	2.3	110	1556
 Mixed nuts [†]	2724	15.7	61.2	6.7	32.6	19.2	782	7.8	4.3	7.9	88	1.2	3.1	187	3.2	430	603	198	3.4	3.4	0.5	0.2	7.0	63	0.5	9	2.5	159	768

Figures from Food Standards Australia New Zealand (2022). Australian Food Composition Database – Release 2. Canberra: FSANZ. Available at www.foodstandards.gov.au

* United States Department of Agriculture (USDA). National Database for Standard References – Release 28. All forms of plant sterols are included in totals.

United States Department of Agriculture (USDA). Database for Oxygen Radical Absorbance Capacity (ORAC) of selected foods – Release 2, 2010.

† Mixed nuts values are the values of all nuts, excluding chestnuts.

Energy values include energy values for dietary fibre.

Vitamin E values are calculated using alpha, beta and gamma tocopherols.

DU = data unavailable.

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