



2+5+A HANDFUL A DAY

Aussies don't eat enough fruits and vegetables but they also don't eat enough nuts (just 5g a day on average compared to the recommended 30g). We need two serves of fruit, five serves of veg and a handful of nuts every day for good health.¹⁻⁷



A HANDFUL OF MIXED

NUTS (30G) PROVIDES: ⁸



- 3g fibre or 10% of adult needs
- 20% of the RDI for antioxidant vitamin E
- a range of antioxidant minerals: copper, magnesium, manganese, selenium and zinc
- other natural plant phytochemicals such as flavonoids and resveratrol
- 4g protein – unlike most fruits and vegetables
- 3mg non haem iron - necessary for vegetarians
- A rich source of healthy monounsaturated and polyunsaturated fats

These healthy fats are like those found in avocado and olive oil. A daily handful of nuts or two (30-60g) helps reduce blood cholesterol.^{9,10} Similarly a diet high in fruits and vegetables can also contribute to heart health.

FIVE STAR POWER FOODS

All fruits, vegetables, nuts and mushrooms get 4-5 stars out of five stars in the new Health Star Rating system, indicating they are essential every day foods. Mixed nuts for instance rank five out of five stars. So many reasons to eat 2+5+a handful.



References:

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