

# LATEST RESEARCH - MARCH 2016

Five new reasons why you should enjoy a healthy handful of nuts every day



## Good for your weight

**Did you know there is less available energy in walnuts than previously calculated?** New research by the USDA may help to explain why. A study into the metabolisable energy of walnuts, ie energy in food that's available to the body, found walnuts' energy value is overestimated by 21%.<sup>1</sup> This may explain why nut eaters are less likely to gain weight - they aren't absorbing as much energy as predicted.



## Good for your heart

**Roasted or raw?** A recent study published in the European Journal of Nutrition found that dry roasting and lightly salting hazelnuts does not change the cardioprotective effects of raw hazelnuts.<sup>2</sup> So raw, dry roasted and/or lightly salted nuts - it doesn't matter, they're all good for your heart.



## Good for your brain

**Brazil nuts can be good for the brain.** Known for their high levels of selenium, a small study published in the European Journal of Nutrition found eating just one Brazil nut a day for six months not only restored selenium deficiency but also significantly improved some cognitive functions of older adults with mild cognitive impairment.<sup>3</sup>



## Good for longevity

**Live longer by following a Mediterranean diet with a variety of plant foods including nuts.** A study of more than 70,000 Swedish men and women followed up over 15 years found those who followed a Mediterranean diet more closely on average lived two years longer than those who didn't adhere to the diet as well.<sup>4</sup>



## Good for your cholesterol

**If you're looking to improve your cholesterol, try crunching on a handful (30g) of nuts a day.**<sup>5</sup> A recent review of 61 intervention trials lasting from 3-26 weeks found eating 30-60g of tree nuts a day lowered total cholesterol, LDL (bad) cholesterol (especially apolipoprotein B) and triglycerides. Results were particularly effective for people with type 2 diabetes.<sup>6</sup>

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*Issued on behalf of Nuts For Life*

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<sup>1</sup> Baer DJ, Gebauer SK, Novotny JA. Walnuts Consumed by Healthy Adults Provide Less Available Energy than Predicted by Atwater Factors, *J Nutr*. 2016 Jan;146(1):9-13. <http://www.ncbi.nlm.nih.gov/pubmed/26581681>

<sup>2</sup> Tey SL, Robinson T, Gray AR, Chisholm AW, Brown RC, Do dry roasting, lightly salting nuts affect their cardioprotective properties and acceptability? *Eur J Nutr* 2016 Jan 8 Epub ahead of print <http://www.ncbi.nlm.nih.gov/pubmed/26746221>

<sup>3</sup> Cardoso B.R, Apolinario D, da Silva Bandeira V, Busse A.L, Magaldi R.M, Jacob-Filho W, Cozzolino S.M.F. Effects of Brazil nut consumption on selenium status and cognitive performance in older adults with mild cognitive impairment: a randomized controlled pilot trial *Eur J Nutr* 2016;55(1):107-116 [http://link.springer.com/article/10.1007/s00394-014-0829-2?wt\\_mc=alerts.TOCjournals](http://link.springer.com/article/10.1007/s00394-014-0829-2?wt_mc=alerts.TOCjournals)

<sup>4</sup> Bellavia A, Tektonidis TG, Orsini N, Wolk A, Larsson SC. Quantifying the benefits of Mediterranean diet in terms of survival *Eur J Epidemiol* 2016 Feb 5 Epub ahead of print <http://www.ncbi.nlm.nih.gov/pubmed/26848763>

<sup>5</sup> Neale. E, Nolan Clark D and Tapsell LT. The effect of nut consumption on heart health: a systematic review of the literature. Nuts for Life North Sydney 2015. (unpublished). Summary [http://www.nutsforlife.com.au/wp-content/uploads/2015/11/Nuts\\_for\\_life\\_Heart\\_Report\\_2015.compressed.pdf](http://www.nutsforlife.com.au/wp-content/uploads/2015/11/Nuts_for_life_Heart_Report_2015.compressed.pdf)

<sup>6</sup> Del Gobbo LC, Falk MC, Feldman R, Lewis K, Mozaffarian D. Effects of tree nuts on blood lipids, apolipoproteins, and blood pressure: systematic review, meta-analysis, and dose-response of 61 controlled intervention trials, *Am J Clin Nutr*, 2015;102(6):1347-56. <http://www.ncbi.nlm.nih.gov/pubmed/26561616>