

NUTS



Studies suggest that those who regularly eat nuts are less likely to have heart disease or a heart attack. The cardioprotective effect of nuts has been attributed to the high concentration of phytonutrients (health promoting substances from plants) such as phytosterols, as well as their high levels of unsaturated fat, protein, magnesium, vitamin E, fibre and potassium. Nuts are also naturally low in salt.

If you are trying to lose weight don't go above a sensible 25g or a 1 ounce serving per day, as too many nuts could pile on the pounds! However nuts do satisfy appetite longer than other snacks and even small amounts appear to help reduce further snacking between meals.

See opposite for how many nuts and calories there are in a 25g (1oz) portion.

Enjoy small amounts of unsalted nuts daily either as snacks, sprinkled on salad or mixed with dried fruit as part of a healthy diet.

NUTS (25g/1oz portion)	CALORIES
23 almonds	153
7 whole brazil nuts	170
20 cashews	152
3 chestnuts	43
15 hazelnuts	162
15 macadamias	187
20 peanuts	141
25 pistachios	150
8 walnut halves	172