

10 Macadamia nuts a day can help keep the doctor at bay

Fact: Ten Macadamia nuts a day can help reduce cholesterol

Fact: Eating Macadamia nuts can help reduce high blood pressure

Fact: Macadamia nuts are beneficial for people with type 2 diabetes

Fact: Macadamia nuts can reduce the risk of coronary heart disease and stroke

Fact: Eating Macadamia nuts can assist with weight loss

Fact: Not many people know this



A new UK Macadamia Advice Centre and telephone helpline has been set up by international macadamia nut growers, to spread the word about the health properties of Macadamia nuts.



Medical writer and nutritionist Dr Sarah Brewer is spearheading the campaign to tell people about the value of including Macadamia nuts in their diet. Says Dr Sarah, “Apart from the delicious taste and unique soft crunch, Macadamia nuts offer the highest levels of monounsaturated fats of any food including other nuts. And monounsaturated fat reduces the risk of atherosclerosis, high blood pressure, coronary heart disease and stroke. They contain omega 3, 6 and 9 essential fatty acids, a complex mix which helps to balance hormones, improve nerve function, memory and concentration, and improve skin texture. The nuts are also high in fibre, antioxidant polyphenols, vitamins and minerals and are a great source of protein.”

Says Dr Sarah, “Many people still have not heard of Macadamia nuts and are not aware that these super nuts are available from their local supermarket”.

A range of healthy eating recipes, in depth information and research about the health benefits of Macadamia nuts is available from the Macadamia Advice Centre website at www.macadamias.org.uk or by calling the helpline for more information on 020 7436 8800.

The Macadamia Advice Centre
3 Bloomsbury Place
London
WC1A 2QL
info@macadamias.org.uk



For further press information or to arrange an interview with Dr Sarah Brewer contact Anna Mosek or Linda Batt-Rawden at The Impact Agency on 020 7580 1770, alternatively email Anna@impactagency.co.uk or Linda@impactagency.co.uk