

## Annual sales of macadamia nuts soar as the New Atkins book highlights the health benefits

Almonds and walnuts have long been celebrated for their health properties but experts are now rating macadamia nuts as the top nut to crunch. The new Atkins Advantage book prizes them for the exceptionally high level of monounsaturated oil and includes them in the recommended meal plans. Well known GP and nutritionist Dr Sarah Brewer is also advising a handful a day in her latest book, Cut Your Cholesterol. This has seen sales rocket and the latest figures show that imports are up by over 50% in the last three months.

Says Dr Brewer “Macadamia nuts not only taste great but also rack up an impressive list of health credentials. They are the richest source of dietary monounsaturated oils and a great source of protein, containing all essential amino acids. This means these nutritional powerhouses are especially good for the hair and nails (several hair and nail products already contain macadamia oil) and great for helping to keep cholesterol levels and blood pressure under control. The complex mix of omega 3,6 and 9 fatty acids helps to balance hormones and improve nerve function, memory and concentration and skin texture. To top it off they are high in fibre, vitamins, minerals and antioxidant polyphenols. Just a handful a day is enough to make a difference and the low GI rating will help keep you feeling full for longer.”

They are even finding their way into top restaurants, prized by top celebrity chefs who rate the unique crunch and they now feature regularly on the menus of top London eateries like Pied a Terre, The Ledbury and even world renowned El Bulli.

Visit [www.macadamias.org.uk](http://www.macadamias.org.uk) for more information.

**Ends**

**For further press information or to arrange an interview with Dr Sarah Brewer contact Anna Mosek at The Impact Agency on 020 7580 1770, alternatively email [anna@impactagency.co.uk](mailto:anna@impactagency.co.uk)**