



## Macadamias offer a multitude of health and wellbeing benefits.

Indulging your tastebuds with buttery, crunchy goodness while also improving your health? Almost seems nuts and too good to be true...

Health experts recommend we aim to eat at least one handful (30g) of nuts every day. Research suggests around 2 handfuls (60g) each day helps lower cholesterol, and that you can eat up to 120g nuts each day without gaining weight.

Some of the health benefits of macadamia nuts are:

### Antioxidant protection



Help fight cell damage, disease, and cognitive decline.

### Heart health



Full of protective nutrients that can help improve several aspects of heart health.

### Skin superfood



Manganese and palmitoleic acid keep skin plump, smooth, and glowing.

### Diabetes management



Help improve glycemic control in type 2 Diabetes, and play a role in Diabetes prevention.

### Weight management



Satisfy hunger and keep you fuller for longer.

### Brain and mental health



Maintain healthy neurotransmitters and good cognitive function, positive impact on mood.

### Gut health



Contain a combination of essential fibre types including prebiotic fibre for optimal gut health.

# Health benefits



Every macadamia contains a potent collection of beneficial nutrients.



**Mn**



**Na**

## Healthy fats

Highest content of good monounsaturated fat of all tree nuts.

## Manganese

Important for antioxidant defenses, bone health, and normal metabolism.

## Natural plant sterols

Help lower cholesterol levels.

## Low in sodium and contains potassium

Beneficial for blood pressure and heart health.



## Fibre

Improves blood cholesterol and maintains healthy bowel function.



## Antioxidants

Counter the effects of harmful free radicals.



## Plant omega-3 fats

One of the few plant foods to contain ALA – an important short-chain omega-3 fatty acid beneficial for heart health.

**B1**

## Thiamine (B1)

Important for releasing energy from food and supports normal heart and nervous system function.



## Plant iron

Great for vegetarians or people reducing animal protein intake. Iron supports healthy blood and energy levels.



## Vitamins & minerals

Every handful provides a wide range of vitamins and minerals including manganese, magnesium, B1, niacin, copper, potassium, and iron.