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November 2013, the New England Journal of Medicine published the study “Association of nut consumption with total and cause-specific mortality”.

Researchers from US medical schools and research institutes, including the Harvard Medical School and the Harvard School of Public Health, among others, looked at the association of nut consumption with total and cause-specific mortality among 76,464 women in the Nurses’ Health Study and 42,498 men in the Health Professionals Follow-up Study, from 1980 until 2010.

The study concluded that consumption of nuts was inversely associated with total mortality in both men and women, independently of other predictors of death.

Participants who regularly consumed a one-ounce (28 g) daily serving of nuts had a 20 percent lower death rate, compared to those who did not consume nuts.

This study is the largest ever conducted investigating the effects of nut intake on mortality.

ABSTRACT

ASSOCIATION OF NUT CONSUMPTION WITH TOTAL AND CAUSE-SPECIFIC MORTALITY


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ABSTRACT

Background
Increased nut consumption has been associated with a reduced risk of major chronic diseases, including cardiovascular disease and type 2 diabetes mellitus. However, the association between nut consumption and mortality remains unclear.

Methods
We examined the association between nut consumption and subsequent total and cause-specific mortality among 76,464 women in the Nurses’ Health Study (1980–2010) and 42,498 men in the Health Professionals Follow-up Study (1986–2010). Participants with a history of cancer, heart disease, or stroke were excluded. Nut consumption was assessed at baseline and updated every 2 to 4 years.

Results
During 3,038,853 person-years of follow-up, 16,200 women and 11,229 men died. Nut consumption was inversely associated with total mortality among both women and men, after adjustment for other known or suspected risk factors. The pooled multivariate hazard ratios for death among participants who ate nuts, as compared with those who did not, were 0.93 (95% confidence interval [CI], 0.90 to 0.96) for the consumption of nuts less than once per week, 0.89 (95% CI, 0.86 to 0.93) for once per week, 0.87 (95% CI, 0.83 to 0.90) for two to four times per week, 0.85 (95% CI, 0.79 to 0.91) for five or six times per week, and 0.80 (95% CI, 0.73 to 0.86) for seven or more times per week (P<0.001 for trend). Significant inverse associations were also observed between nut consumption and deaths due to cancer, heart disease, and respiratory disease.

Conclusions
In two large, independent cohorts of nurses and other health professionals, the frequency of nut consumption was inversely associated with total and cause-specific mortality, independently of other predictors of death. (Fundied by the National Institutes of Health and the International Tree Nut Council Nutrition Research and Education Foundation.)
Two large independent U.S. cohort studies:

- Nurses’ Health Study
- Health Professionals’ Follow-up Study
- 118,000 participants
  - 64% women, female nurses
  - 34% men, male health professionals
- 30-year follow-up

Participants who ate a one-ounce (28g) handful of nuts a day reduced the risk of:

- Cancer by 11%
- Heart disease by 29%
- Diabetes by 16%
- Respiratory disease by 24%


Broadly covered by the Media:

- TIME > Eat Nuts, Live Longer
- USA Today > Eating Nuts May Make You Live Longer
- Forbes > Go Nuts! Consumption of Nuts Linked to Mortality Benefit
- CNN > Eat Nuts, Live Longer
- NBC News > An Ounce of Nuts a Day Keeps Illness Away
Other Studies


OBJECTIVE: To investigate the association between dietary protein sources in early adulthood and risk of breast cancer. DESIGN: Prospective cohort study. SETTING: Health professionals in the United States. PARTICIPANTS: 88,803 premenopausal women from the Nurses’ Health Study II who completed a questionnaire on diet in 1991. MAIN OUTCOME MEASURE: Incident cases of invasive breast carcinoma, identified through self-report and confirmed by pathology report. RESULTS: We documented 2830 cases of breast cancer during 20 years of follow-up. Higher intake of total red meat was associated with an increased risk of breast cancer overall (relative risk 1.22, 95% confidence interval 1.06 to 1.40; P for trend=0.01, for highest fifth v lowest fifth of intake). However, higher intakes of poultry, fish, eggs, legumes, and nuts were not related to breast cancer overall. When the association was evaluated by menopausal status, higher intake of poultry was associated with a lower risk of breast cancer in postmenopausal women (0.73, 0.58 to 0.91; P for trend=0.02, for highest fifth v lowest fifth of intake) but not in premenopausal women (0.93, 0.78 to 1.11; P for trend=0.60, for highest fifth v lowest fifth of intake). In estimating the effects of exchanging different protein sources, substituting one serving/day of legumes for one serving/day of red meat was associated with a 15% lower risk of breast cancer among all women (0.85, 0.73 to 0.98) and a 19% lower risk among premenopausal women (0.81, 0.66 to 0.99). Also, substituting one serving/day of poultry for one serving/day of red meat was associated with a 17% lower risk among all women (0.83, 0.72 to 0.96) and a 24% lower risk of postmenopausal breast cancer (0.76, 0.59 to 0.99). Furthermore, substituting one serving/day of combined legumes, nuts, poultry, and fish for one serving/day of red meat was associated with a 14% lower risk of breast cancer overall (0.86, 0.78 to 0.94) and premenopausal breast cancer (0.86, 0.76 to 0.98). CONCLUSION: Higher red meat intake in early adulthood may be a risk factor for breast cancer, and replacing red meat with a combination of legumes, poultry, nuts and fish may reduce the risk of breast cancer.


Relations between the consumption of nuts and legumes and risk of ischemic heart disease (IHD), stroke, and diabetes have not been well established. OBJECTIVE: We systematically investigated and quantified associations of nut and legume consumption with incident IHD, stroke, and diabetes. DESIGN: We systematically searched multiple databases to identify randomized controlled trials or observational studies that examined the relations. Studies were excluded if they reported only intermediate physiologic measures, soft cardiovascular outcomes, or crude risk estimates. Data were extracted independently and in duplicate. We assessed pooled dose-response relations by using a generalized least-squares trend estimation, and pre-specified sources of heterogeneity were assessed by using meta-regression. The potential for publication bias was explored by using funnel plots, Begg’s and Egger’s tests, and Duval and Tweedie trim-and-fill methods. RESULTS: Of 3,851 abstracts, 25 observational studies (23 prospective and 2 retrospective studies) and 2 trial reports met inclusion criteria and comprised 501,791 unique individuals and 11,869 IHD, 8,244 stroke, and 14,449 diabetes events. The consumption of nuts was inversely associated with fatal IHD (6 studies; 6,749 events; RR per 4 weekly 100-g servings: 0.76; 95% CI: 0.69, 0.84; I² = 28%), nonfatal IHD (4 studies; 2,101 events; RR: 0.78; 0.67, 0.92; I² = 0%), and diabetes (6 studies; 13,308 events; RR: 0.87; 0.81, 0.94; I² = 22%) but not nonfatal IHD (4 studies; 5,544 events). Legume consumption was inversely associated with total IHD (5 studies; 6,514 events; RR per 4 weekly 100-g servings: 0.86; 0.78, 0.94; I² = 0%) but not significantly associated with stroke (6 studies; 6,690 events) or diabetes (2 studies; 2,746 events). A meta-regression did not identify the effect modification by age, duration of follow-up, study location, or study quality. Mixed evidence was seen for publication bias, but analyses by using the Duval and Tweedie trim-and-fill method did not appreciably alter results. CONCLUSION: This systematic review supports inverse associations between eating nuts and incident IHD and diabetes and eating legumes and incident IHD.

Frazier AL, Camargo CA Jr, Malspeis S, Willett WC, Young MC. Prospective study of peripregnancy consumption of peanuts or tree nuts by mothers and the risk of peanut or tree nut allergy in their offspring. JAMA Pediatr. 2014 Feb;168(2):156-62.

IMPORTANCE: The etiology of the increasing childhood prevalence of peanut or tree nut (P/TN) allergy is unknown. OBJECTIVE: To examine the association between peripregnancy consumption of P/TN by mothers and the risk of P/TN allergy in their offspring. DESIGN, SETTING, AND PARTICIPANTS: Prospective cohort study. The 10,907 participants in the Growing Up Today Study 2, born between January 1, 1990, and December 31, 1994, are the offspring of women who previously reported their diet during, or shortly before or after, their pregnancy with this child as part of the ongoing Nurses’ Health...
Study II. In 2006, the offspring reported physician-diagnosed food allergy. Mothers were asked to confirm the diagnosis and to provide available medical records and allergy test results. Two board-certified pediatricians, including a board-certified allergist/immunologist, independently reviewed each potential case and assigned a confirmation code (e.g., likely food allergy) to each case. Unadjusted and multivariable logistic regression analyses were used to evaluate associations between peripregnancy consumption of P/TN by mothers and incident P/TN allergy in their offspring. EXPOSURE: Peripregnancy consumption of P/TN. MAIN OUTCOMES AND MEASURES: Physician-diagnosed P/TN allergy in offspring. RESULTS: Among 8205 children, we identified 308 cases of food allergy (any food), including 140 cases of P/TN allergy. The incidence of P/TN allergy in the offspring was significantly lower among children of the 8059 non-allergic mothers who consumed more P/TN in their peripregnancy diet (≥ 5 times vs <1 time per month: odds ratio = 0.31; 95% CI, 0.13-0.75; P(trend) = 0.004). By contrast, a non-significant positive association was observed between maternal peripregnancy P/TN consumption and risk of P/TN allergy in the offspring of 146 P/TN-allergic mothers (P for trend = 0.12). The interaction between maternal peripregnancy P/TN consumption and maternal P/TN allergy status was statistically significant (P(interaction) = 0.004). CONCLUSIONS AND RELEVANCE: Among mothers without P/TN allergy, higher peripregnancy consumption of P/TN was associated with lower risk of P/TN allergy in their offspring. Our study supports the hypothesis that early allergen exposure increases tolerance and lowers risk of childhood food allergy.


There is some concern that the high-fat, energy-dense content of nuts may promote weight gain. Nuts, however, are rich in protein and dietary fiber, which are associated with increased satiety. They also contain high amounts of vitamins, minerals, antioxidants, and phytosterols that may confer health benefits for cardiovascular disease and type 2 diabetes delay and prevention. Therefore, it is important to determine the association between nut consumption and long-term weight change and disease risk to reach scientific consensus and to make evidence-based public health recommendations. Several cross-sectional analyses have shown an inverse association between higher nut consumption and lower body weight. In addition, several independent prospective studies found that increasing nut consumption was associated with lower weight gain over relatively long periods of time. Moreover, high consumption of nuts (especially walnuts) has been associated with lower diabetes risk. Therefore, regular consumption (approximately one handful daily) of nuts over the long term, as a replacement to less healthful foods, can be incorporated as a component of a healthy diet for the prevention of obesity and type 2 diabetes.
Media outreach efforts to increase awareness of the results of the study gathered both U.S. and international news coverage.

The NEJM press program generated coverage from top-tier media outlets, including Time, CBS News, CNN, NBC Nightly News, FoxNews.com, Reuters, USA Today, U.S. News and Huffington Post, The Washington Post, Los Angeles Times, Philadelphia Inquirer (and scores of other large city newspapers) and hundreds of local TV stations in the USA. The study was covered globally including media stories in Australia, Bulgaria, Canada, China, Egypt, Germany, Ghana, India, Iran, Malta, Mexico, Netherlands, New Zealand, Nigeria, Oman, Pakistan, Singapore, South Korea, Sri Lanka, Sudan, United Arab Emirates, UK, USA and 85 more countries.

By the end of 2013, more than 627 media clips had been collected from various media outlets.

- 414 Broadcast placements and 25,272,629 broadcast impressions
- Online placements total 213 with 13,989,944 impressions

Eating nuts tied to reduced death rate

Sources: The News International, Belfasttele- 
graph.co.uk, Khaleej Times, Be Global Fash-
ion Network, Times of Oman, The Chosun Ilbo,
NewsTonight Africa, Times of Malta, Sudan Vi-
sion Daily and The Sunday Times.
# NUTRITION IN EVERY HANDFUL

## Nutrients in a Handful (28 g, 1 oz) of Nuts and Dried Fruits

<table>
<thead>
<tr>
<th>Units</th>
<th>Almonds</th>
<th>Brazil Nuts</th>
<th>Cashews</th>
<th>Hazelnuts</th>
<th>Macadamias</th>
<th>Pecans</th>
<th>Pine Nuts</th>
<th>Pistachios</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proximates</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy kcal</td>
<td>164</td>
<td>187</td>
<td>163</td>
<td>178</td>
<td>204</td>
<td>196</td>
<td>191</td>
<td>161</td>
</tr>
<tr>
<td>Protein g</td>
<td>6</td>
<td>5</td>
<td>4,06</td>
<td>4,34</td>
<td>4,24</td>
<td>2,21</td>
<td>2,6</td>
<td>3,88</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>6,11</td>
<td>3,33</td>
<td>9,27</td>
<td>4,73</td>
<td>3,79</td>
<td>3,93</td>
<td>3,71</td>
<td>3,11</td>
</tr>
<tr>
<td>Fiber g</td>
<td>3,5</td>
<td>2,1</td>
<td>0,9</td>
<td>2,7</td>
<td>2,3</td>
<td>2,7</td>
<td>1,0</td>
<td>2,8</td>
</tr>
</tbody>
</table>

| Lipids | | | | | | | | |
| Total fat g | 14,16 | 19,02 | 13,14 | 17,22 | 21,57 | 20,4 | 19,38 | 12,71 |
| Saturated fat g | 1,078 | 4,574 | 2,596 | 1,266 | 3,387 | 1,752 | 1,389 | 1,547 |
| Monounsaturated fat g | 8,945 | 6,770 | 7,744 | 12,942 | 16,804 | 11,567 | 5,32 | 6,712 |
| Polyunsaturated fat g | 3,405 | 6,917 | 2,222 | 2,245 | 0,425 | 6,128 | 6,128 | 3,813 |

| Minerals | | | | | | | | |
| Calcium mg | 76 | 45 | 13 | 32 | 20 | 20 | 5 | 30 |
| Iron mg | 1,05 | 0,69 | 1,70 | 1,33 | 0,75 | 0,72 | 1,57 | 1,14 |
| Magnesium mg | 77 | 107 | 74 | 46 | 33 | 34 | 71 | 31 |
| Phosphorus mg | 136 | 206 | 139 | 82 | 56 | 79 | 20 | 30 |
| Potassium mg | 208 | 187 | 160 | 193 | 103 | 116 | 169 | 285 |
| Sodium mg | 0 | 1 | 5 | 0 | 1 | 0 | 1 | 2 |
| Selenium mcg | 1,2 | 543,5 | 3,3 | 0,7 | 0,3 | 0,2 | 1 | 2,8 |

| Vitamins | | | | | | | | |
| Vitamin A IU | 1 | 0 | 0 | 6 | 0 | 16 | 8 | 73 |
| Vitamin B6 mg | 0,039 | 0,029 | 0,073 | 0,16 | 0,102 | 0,06 | 0,027 | 0,318 |
| Vitamin C mg | 0 | 0,2 | 0,2 | 1,8 | 0,2 | 0,3 | 0,2 | 0,9 |
| Vitamin E mg | 7,27 | 1,62 | 0,26 | 4,26 | 0,16 | 0,4 | 2,65 | 0,69 |
| Vitamin K mcg | 76 | 45 | 13 | 32 | 20 | 20 | 5 | 30 |
| Carotene, beta mcg | 3 | 0 | 0 | 7 | 0 | 1 | 0 | 0 |
| Lutein + zeaxanthin mcg | 0 | 0 | 0 | 7 | 0 | 1 | 0 | 0 |

<table>
<thead>
<tr>
<th>Units</th>
<th>Walnuts</th>
<th>Peanuts</th>
<th>Dates</th>
<th>Dried Apricots</th>
<th>Dried Cranberries</th>
<th>Dried Figs</th>
<th>Prunes</th>
<th>Raisins</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proximates</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy kcal</td>
<td>185</td>
<td>166</td>
<td>79,95</td>
<td>68,33</td>
<td>86,24</td>
<td>70,59</td>
<td>68,04</td>
<td>85</td>
</tr>
<tr>
<td>Protein g</td>
<td>4,32</td>
<td>6,90</td>
<td>0,69</td>
<td>0,96</td>
<td>0,02</td>
<td>0,93</td>
<td>0,61</td>
<td>0,87</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>3,89</td>
<td>6,03</td>
<td>21,27</td>
<td>17,76</td>
<td>23,06</td>
<td>18,1</td>
<td>18,11</td>
<td>22,45</td>
</tr>
<tr>
<td>Fiber g</td>
<td>1,9</td>
<td>2,4</td>
<td>2,3</td>
<td>2</td>
<td>1,60</td>
<td>2,77</td>
<td>2,01</td>
<td>1,0</td>
</tr>
</tbody>
</table>

| Lipids | | | | | | | | |
| Total fat g | 18,49 | 14,08 | 0,11 | 0,144 | 0,38 | 0,26 | 0,1 | 0,13 |
| Saturated fat g | 1,737 | 2,189 | 0,009 | 0,004 | 0,03 | 0,04 | 0,02 | 0,016 |
| Monounsaturated fat g | 2,533 | 7,422 | 0,01 | 0,02 | 0,06 | 0,04 | 0,02 | 0,014 |
| Polyunsaturated fat g | 13,374 | 2,771 | 0,005 | 0,02 | 0,18 | 0,09 | 0,02 | 0,030 |
| Cholesterol mg | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

| Minerals | | | | | | | | |
| Calcium mg | 28 | 16 | 11,05 | 15,59 | 2,80 | 45,93 | 12,19 | 14 |
| Iron mg | 0,82 | 0,45 | 0,28 | 0,75 | 0,15 | 0,575 | 0,26 | 0,53 |
| Magnesium mg | 45 | 50 | 12,19 | 9,07 | 1,40 | 19,28 | 11,62 | 9 |
| Phosphorus mg | 98 | 103 | 17,57 | 20,13 | 2,240 | 18,995 | 19,56 | 29 |
| Potassium mg | 125 | 180 | 185,99 | 329,45 | 11,20 | 192,78 | 207,52 | 212,00 |
| Sodium mg | 1 | 2 | 0,56 | 2,83 | 0,84 | 2,84 | 0,57 | 3 |
| Selenium mcg | 1,4 | 2,6 | 0,85 | 0,62 | 0,14 | 0,17 | 0,09 | 0,2 |

| Vitamins | | | | | | | | |
| Vitamin A IU | 6 | 0 | 2,83 | 1021,73 | 0 | 2,84 | 221,41 | 0 |
| Vitamin B6 mg | 0,152 | 0,152 | 0,047 | 0,04 | 0,01 | 0,03 | 0,06 | 0,174 |
| Vitamin C mg | 0,4 | 0 | 0,113 | 0,3 | 0,06 | 0,34 | 0,17 | 0,7 |
| Vitamin E mg | 0,2 | 1,40 | 0,014 | 1,23 | 0,30 | 0,59 | 0,12 | 0,12 |
| Vitamin K mcg | 0,8 | 0 | 0,765 | 0,88 | 1,06 | 4,42 | 16,87 | 3,5 |
| Carotene, beta mcg | 3 | 0 | 1,7 | 613,21 | 0 | 1,7 | 111,7 | 0 |
| Carotene, alpha mcg | 0 | 0 | 0 | 0 | 0 | 0 | 16,16 | 0 |
| Cryptoxanthin, beta mcg | 0 | 0 | 0 | 0 | 0 | 0 | 28,37 | 0 |
| Lutein + zeaxanthin mcg | 3 | 0 | 21,26 | 9,07 | 9,24 | 41,96 | 0 | 0 |

Source: USDA National Nutrient Database for Standard Reference, Release 27 (2014). Almonds, hazelnuts, pecans and walnuts are unroasted. Cashews, macadamias, pistachios and peanuts are dry roasted without salt added. Brazil nuts are dried, unblanched. Pine nuts (Pinus spp.) are dried. Dates are Deleat noor. Apricots are dried, sulfured, uncooked. Cranberries are dried, sweetened. Figs are dried, uncooked. Prunes are uncooked. Raisins are seedless. g = gram; mg = milligram; mcg = microgram; IU = International Units.
**Pecan Apricot Trail Mix**

- 2½ cups of rolled oats
- 3 tablespoons of wheat germ
- 2 tablespoons of shredded unsweetened coconut flakes
- 1 teaspoon of cinnamon
- ½ cup of chopped pecans
- 1 cup of apple juice
- ½ cup of chopped dried apricots

With a bit of olive oil, grease 3 baking sheets and preheat the oven to 350 degrees. Mix in a bowl the pecans, rolled oats, wheat germ, coconut, cinnamon and apple juice, all together. Spread the resulting mixture onto the three baking sheets and bake 25 minutes. Stir once in a while and remove when it looks browned. Wait until it is cool, then stir in the dried apricots.

**Squash, Barley and Pine Nut Cupcakes**

**For the glaze:**
- ¾ cup of maple syrup
- 1 tablespoon of Dijon mustard
- 1 tablespoon of balsamic vinegar
- 2 tablespoons of black tea

**For the cupcakes:**
- 4 tablespoons of pine nuts
- 1 cup of white wine
- 12 ounces of chopped squash
- 2 tablespoons of olive oil
- 1½ cups of barley
- 1 cup of baby spinach
- 6 eggs
- ½ cup of milk
- 2 teaspoons of fresh oregano leaves

Place all the glaze ingredients in a saucepan and bring them to the boil. Reduce heat and simmer until getting a glaze consistency. Preheat oven to 375°F. Brush the cupcake pan with olive oil. Toss the squash with olive oil and bake until it is tender. Meanwhile, toast the grains on barley medium heat for 2 minutes. Add the wine and cook until liquid is nearly absorbed. Add 2 cups of water and continue to cook barley. Place barley in a bowl with the squash, spinach, beaten eggs, milk and oregano. Spoon mixture into cupcake pan and sprinkle with pine nuts. Bake for 20 min.

**Prunes and Dates Wrapped in Bacon**

- 12 dried plums (without kernel)
- 12 dried dates
- 12 thin slices of bacon
- 1 tablespoon of olive oil

Cut the bacon slices in half and use them to wrap the dates and almonds. If the bacon is too short, it can also be split lengthwise. Heat some oil in a frying pan and fry the wrapped fruit until the bacon is golden brown and crispy. After cooking, let the oil drain on kitchen paper.
Macadamia, Orange and Tea Glazed Salmon, Snap Pea Feta Salad

Ingredients:

For the glaze:
• 2 tablespoons of macadamias
• ½ cup of sugar
• 1 orange sliced
• 2 tea bags
• 1 tablespoon of soy sauce

For the salad:
• 1 pound of snap peas
• 1 teaspoon of macadamia oil
• 1 teaspoon of wine vinegar
• 2 Tbsp of crumbled feta cheese
• ⅓ cup of macadamias, extra
• 3 basil leaves (torn)

Place the salmon in an ovenproof dish and add macadamia oil to cover. Roast at 175°F for 25 minutes. To make the glaze, process macadamias to a smooth paste, adding a bit of oil. Press through a sieve and reserve paste. Bring ½ cup water and the sugar to a boil, add the orange slices and cook 15 minutes. Strain mixture into a bowl and add the tea bags. Allow to steep for 5 minutes. Return to pan with the soy and reduce to a glaze consistency. To make the salad, cook the snap peas and mix with the remaining ingredients. Brush the salmon with the glaze and broil until caramelized. Stir 2 tablespoons of the macadamia paste into the glaze over low heat. Serve salmon with the snap pea salad. Spoon over the glaze.

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Almond Super Falafel Salad

Ingredients:

For the sauce:
• 1 cup of plain yogurt
• 1 tablespoon of lime juice
• 1 teaspoon of cumin
• 1 clove of garlic (crushed)
• 2 scallions (minced)
• Salt and black pepper

For the falafel:
• ½ cup of boiling water
• ¼ cup of tabbouleh
• 1 cup of slivered almonds (roasted)
• 2 tablespoons of white flour

For the salad:
• 1 small piece of onion
• 1 clove of garlic
• ¼ cup of parsley leaves
• 1 egg white
• Salt and black pepper

To make sauce, mix all the ingredients together. To make falafel, pour boiling water over tabbouleh. Cover and set aside for 15 minutes. Place almonds, flour, onion, garlic, parsley and egg white into food processor. Blend until finely chopped. Stir almond mixture into tabbouleh and season with salt and pepper. Make 12 piles. Fry falafel until browned and crispy. To present, place all salad ingredients on a plate, top with falafel, drizzle with sauce and sprinkle with toasted almonds.

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Peanut and Black Rice Salad

Ingredients:

• 6.5 ounces of black rice
• 2 tablespoons of sesame oil
• 2 small red chili (chopped)
• 6 spring onions (sliced)
• 1 red onion (sliced)
• 1.8 ounces of dry roasted peanuts (chopped)
• 2 small mangoes (peeled)

• 1 tablespoon of fish sauce
• Juice of 1 lime
• 1 tablespoon of chopped coriander leaves
• Salt and black pepper

Cook the rice for around 20 minutes until just tender and drain well. Spoon the sesame oil over the rice and mix with the peanuts, the chili and the spring and red onions. Cut the mangoes. Mix together the fish sauce and lime juice. Season the rice, top with the fish sauce dressing and finish with the fresh coriander.
Vietnamese-style Lamb, Cashew and Noodle Salad

**Ingredients:**
- 1 pound of lamb fillet
- ¼ cup of chopped cashews

**Noodle salad:**
- 4 ounces of noodles
- 2 green onions (sliced)
- ½ cup of basil and mint (chopped)
- 1 cucumber

**Dressing:**
- 1 small hot red chili (chopped)
- Juice of ½ lime
- 1 tablespoon of rice wine
- 1 tablespoon of fish sauce
- 1 tablespoon of hot water
- 1 teaspoon of palm or brown sugar

Place noodles in a large dish, cover with hot water and allow to soak for 4 minutes. Drain well, cut into pieces and combine with the onions and herbs. Mix together the dressing ingredients. Pour over the cucumber and allow to marinate for 10 minutes. Brush the lamb with oil and season and grill it. Mix the noodles, lamb, cucumber with dressing. Serve into bowls and sprinkle with the nuts.

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Asparagus Spinach Pistachio Pesto

**Ingredients:**
- 1 pound of asparagus
- ¼ cup of pistachio nuts
- ¼ cup of spinach
- 1 clove of garlic
- ¼ cup of Parmesan cheese
- 2 tablespoons of olive oil
- teaspoon of lemon juice
- 1 pound package of uncooked pasta

Add asparagus into a pot with boiling water and cook for 3 minutes. Drain and chop the asparagus. Add a cup of the chopped asparagus into a food processor along with the spinach, garlic, 2 tablespoons of pistachios, Parmesan, olive oil, lemon juice and a pinch of salt. Blend until it is a paste. Add the pasta to the pot of boiling water. Drain the pasta when done. Add 1 cup of the pesto and half of the pasta water. Chop the remaining pistachios. Serve the pasta and garnish with the pistachios and grated Parmesan. Season with salt and pepper.

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Tangy Apricot Walnut Chicken

**Ingredients:**
- 2 tablespoons of butter
- 4 chicken breasts
- 1 sliced onion
- ½ cup of apricot preserves
- ¼ cup of lemon juice
- 1 ½ tablespoons of spicy brown mustard
- ½ teaspoon of garlic salt
- 2 sliced zucchini
- ½ cup of toasted walnuts
- Fresh chopped rosemary
- Freshly ground pepper

Melt butter, add chicken and onion. Cook until chicken is lightly browned and onions are softened. Add preserves, lemon juice, mustard, garlic salt and zucchini. Cook over medium heat for 5 minutes. Sprinkle with walnuts and rosemary. Season with pepper.

(c) Recipe and image provided by the California Walnut Commission.
LIVE LONGER BY INCLUDING A HANDFUL OF NUTS TO YOUR RECIPES

Guinness and Brazil Nut Fruit Cake

Cover fruit with orange juice and allow to macerate overnight. Drain well. Preheat oven to 325°F. Cream together the butter and sugar. Add the orange rind and golden syrup and beat again. In a separate bowl, combine the Guinness® with the soda and beat in the eggs. Sift the flour and spices together. Fold a quarter into the creamed butter and sugar. Add a third of the Guinness® mixture, and continue to add remainder of flour and Guinness®, ending with flour. Stir in the macerated dried fruit, the ginger and nuts. Mix well. Bake for 1 hour, then reduce oven to low and cook for another 1 1/2 hours. Sprinkle with the whisky and allow to cool.

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Crunchy Hazelnut Granola Parfait

Mix oats, hazelnuts, wheat germ, oat bran and crystal ginger in large bowl. Whisk orange juice, sugar, oil, ginger, cinnamon and salt in small bowl until blended. Stir orange juice mixture into oat mixture. Spread mixture on jelly roll pan. Bake at 325º F for 35 to 40 minutes until browned. Place mixture in large bowl. Stir in dried fruit until blended. To present the parfait in a glass: Layer ¼ cup granola mix, yogurt and fruit.

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Fig and Walnut Cream Cake

Preheat the oven to 350ºF. Line the base of an 8 inches round cake tin with buttered baking paper. Beat the eggs, caster sugar and olive oil. Sift in the flour, baking powder, cinnamon and salt. Fold through the yoghurt, then the vanilla, figs and walnuts. Pour the mixture into the prepared tin and cook for 50 minutes. Allow to cool for about 10 minutes. To make the icing, beat the cream, icing sugar and vanilla until soft peaks form. Spread the icing on top of the cake.

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ABOUT THE INC

With more than 600 members from over 70 countries, the INC is working to spread facts about nuts, dried fruits, health and nutrition. Our purpose is to assist health professionals and researchers in getting information about the latest findings regarding nuts and dried fruit and health.

Mission

The International Nut and Dried Fruit Council Foundation (INC) represents and endorses activities that provide its membership with new opportunities for increasing global consumption of almonds, apricot kernels, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, walnuts, peanuts, dates, dried apricots, dried cranberries, dried figs, prunes and raisins.

The INC’s mission is to be the international source for information on nuts and dried fruits for:

• Health
• Nutrition
• Statistics on production, trade and consumption
• Food safety
• Government standards
• Government regulations regarding trade barriers and trade quality standards

Objectives

• Increasing understanding about production, processing, marketing, distribution and consumption trends in the nut and dried fruit industry.
• Increasing market access by monitoring customs duties and trade barriers and advising governments on behalf of INC membership.
• Assuring global quality standards and trading terms are within the framework of existing national and international bodies and do not inhibit trade within the industry.
• Promoting research, especially nutrition, education and new product development.
• Promoting international cooperation by interacting with various public, private, national and international organizations, which share our common goals.
• Increasing goodwill and mutual understanding of the nut and dried fruit industry by promoting international meetings in producing and consuming countries.
• Providing a single source of annual statistical information from producing and consuming countries.
The INC World Forum for Nutrition Research and Dissemination is aimed at becoming the international umbrella for scientific research related to health and nutrition for nuts and dried fruits. The Forum promotes calls for scientific projects, defines research priorities, and disseminates the results of the different research studies worldwide in several languages.

Objectives
- To promote and coordinate research from around the world.
- To promote calls for specific research projects.
- To disseminate the results of the studies worldwide in several languages.

Activities
- Defining research priorities in relation to nuts and dried fruits.
- Submitting and monitoring health claims.
- Launching a call for research projects.
- Proposing candidates for the INC Award for Excellence in Research.

Chairman:
Prof. Jordi Salas Salvadó, Chair of Human Nutrition, School of Medicine, Rovira i Virgili University, Reus, Spain.

President Delegate of the INC Executive Committee:
Mr. Antonio Pont, INC Honorary President, Co-Founder and Former President, Reus, Spain.

Academic Honorary Committee
Task: Defining the priorities and research topics of interest every 2 years.

Members:

Dr. David Jenkins,
Director of the Clinical Nutrition Risk Factor at St. Michael's Hospital in Toronto, Canada.

Prof. Gerhard Rechkemmer,
President and Professor at Max Rubner Institut, Germany.

Dr. Emilio Ros,
Director, Lipid Clinic, Endocrinology & Nutrition Service, Hospital Clinic, Barcelona, Spain.

Dr. Joan Sabaté,
Chair and Professor, Department of Nutrition, Loma Linda University, California, USA.
Evaluating Nutrition Committee

Tasks:

• Evaluating the Expressions of Interest and Scientific Award Nominees according to the objectives of the Forum and research topics of interest set by the Academic Honorary Committee and the INC Executive Committee.

• Implementing the activities of the Forum according to the guidelines of the INC Executive Committee.

• Prioritizing candidates for the INC Award for Excellence in Research in relation to research on nuts and dried fruits.

Members:

• Dr. Cesarettin Alasalvar, TUBITAK, Turkey.

• Dr. Josefina Bressan, Federal University of Viçosa, Brazil.

• Dr. Constance Geiger, University of Utah, Division of Nutrition, USA.

• Dr. Denis Lairon, Joint Research Unit Nutrition, Obesity and Thrombotic Risk, Faculté de Médecine, Marseille, France.

• Dr. Girish B. Maru, Advanced Center for Treatment Research and Education in Cancer, Tata Memorial Cancer Centre, India.

• Ms. Maureen Temus, INC Nutrition Research and Education Foundation, USA.

Consumption of nuts and dried fruits keeps increasing, and credit should be given to the efforts of the industry and the health properties of these products. Nowadays information on the potential benefits of daily nut and dried fruit consumption, for overall health and disease prevention, can be found in hundreds of scientific and medical journals. Even so, the health-cost burden from the lack of nuts and dried fruit in our diets is immense. When one considers the trend data for heart diseases, cancer and obesity prevalence, one realizes there is still much to do.

With this in mind, INC created the World Forum for Nutrition and Research Dissemination in 2012, and since then has launched an annual call for research projects.

Annual Call for Research Projects

The Annual Call for Expressions of Interest is addressed to public and private institutions, as well as not-for-profit organizations, and to encourage cooperative research implying INC associate members.

Its guidelines outline the specific wish for cooperative projects that bridge different research areas, as the interaction of disciplines and research groups often lead to new knowledge and understanding of correlations.

This action is aimed at promoting clinical trials, epidemiological, basic, clinic and strategic research that might contribute to enhance the understanding of the health effects of nuts and dried fruits; to promote the production of healthy and safe products; and to produce and disseminate knowledge in accordance with the mission of the Forum.

2014/2015 Research Priorities

1. Nuts and/or dried fruits and cognitive function
2. Nuts and/or dried fruits and body weight and adipose tissue distribution
3. Nuts and/or dried fruits and glycemic load
4. Nuts and/or dried fruits in exercise performance
5. Intervention trials on relevant clinical end points
6. Meta-analysis of clinical trials
7. Nuts and/or dried fruits as part of a healthy diet
GO NUTS
GO HEALTHY!