



NUTRITION

The 'World's Finest Nut'

Deservedly acclaimed as the 'world's finest nut', the irresistibly delicious macadamia is characterized by its crisp texture and delicate flavour. Now eaten and enjoyed by people all over the world, the nutritional benefits of the macadamia (our only native nut) were used by Australia's indigenous people long before their commercial development.

Heart Health Facts

Reduces your cholesterol!

Who says taking care of your heart means total denial of everything you love to eat? Not only do macadamias contain no cholesterol, clinical tests now show that, eaten regularly (50-100g per day), macadamias actually lower your blood cholesterol levels by as much as 7.9% in just four weeks. Therefore this significantly reduces the risk of Coronary Heart Disease (CHD) (Colquhoun et al, 1996). In this same study, the group regularly consuming macadamias over the four week period, also experienced a 10.7% decrease in Low Density Lipoproteins (LDL's) and a 20.9% decrease in serum triglyceride levels.

Research done by Fraser et al in California also discovered that people who ate nuts five or more times per week were 53% less likely to die from CHD than non-nut eaters.

Monounsaturated

A key ingredient in the well known and healthy 'Mediterranean diet', monounsaturated fats make up 84% of the oil in macadamia nuts - the highest of any nut and higher even than either canola or olive oil! With consumption of saturated fats being directly related to the risk of developing CHD, it is no wonder that dietitians and nutritionists world wide are suggesting that foods rich in monounsaturated fatty acids are an excellent substitute for foods rich in cholesterol.

However, not all cholesterol is bad. Monounsaturated fatty acids contain high levels of oleic and palmitoleic acids. One of the few natural sources of these acids (in particular palmitoleic acid), macadamias help protect against cardiovascular disease by lowering total cholesterol (Low Density Lipoproteins -LDL's) and increasing the 'Good Cholesterol' or High Density Lipoproteins (HDL's)

Favorable comparison to other nuts

The table below emphasizes not only their favorable comparison to other nuts, but that in fact Macadamias contain the world's highest percentage of monounsaturated (the 'Good Oil'), exceeding both olive and canola oil.

(use the same table here)

But wait, there's more!

As if that's not already enough, macadamias are also high in the all important antioxidants, Vitamins E and A1. They contain the important B group vitamins Thiamin, Riboflavin, and Niacin and essential elements such as Calcium, Iron, Phosphorous, Magnesium and Potassium. The amino acid profile of macadamias is low in lysine and high in arginine, giving

them a favorable lysine:arginine ratio. This low ratio helps to further reduce cholesterol levels and plays a major role in the prevention of atherosclerosis.

What does all this mean for you?

Eating 50 - 100g of macadamias each day is good for you! By replacing existing foods in your diet that are high in saturated fats, with macadamias you can not only enjoy their full rich flavour and unique crisp texture but you will also be helping to reduce your cholesterol levels and ultimately, your risk of developing CHD.

'A handful a day, keeps the doctor away'

But remember, healthy eating must always be used in conjunction with an appropriate exercise routine to maximize the benefits and give yourself that extra energy in your day!

Nutritional Composition

Composition of Macadamia Nuts (Dried)

(use the same tables here)

Amazingly Versatile Macadamias

- Toss a handful or two of macadamias, or macadamia chip into your favorite salad to add a bit of extra crunch and texture.
- The unique and delicate flavour of macadamias is great to use in your stir fries, especially prawn and chicken, and they again add that extra texture.
- Use macadamia crumbs for coating fish or chicken in preparation for cooking or substitute macadamias for pine nuts in pesto sauce.
- Add a new twist to any scone, damper, muffin, bread, or cake recipe by adding macadamia halves or chip to the dry ingredients and/or use as garnishing on top.

For more great ideas for incorporating macadamias into your diet see our Recipes page.