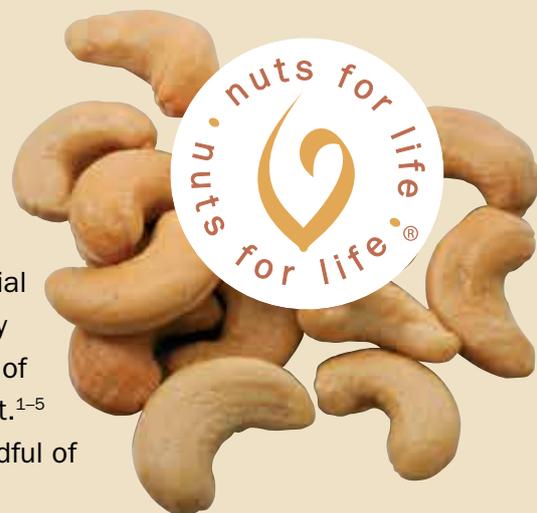


Cashews

Cashews are an unusual nut. They are a seed that is grown on the outside of the cashew apple. The **cashew** shell contains a natural chemical acid so cashews are never sold in shells. The kernel inside is packed with vitamins, minerals, antioxidants and phytochemicals beneficial to health. Like fruits and vegetables, nuts should be included in a healthy daily diet. Enjoying a handful of nuts (30g) regularly may reduce your risk of heart disease and type 2 diabetes and can help with weight management.¹⁻⁵ So remember to eat two serves of fruit, five serves of veggies and a handful of nuts every day. A 30g serve of **cashews** is about 15 nuts.



Nutrition and health benefits of cashews

Here's why you should include cashews in your healthy daily diet:

- **Rich in monounsaturated fat** – cashews are rich in healthy unsaturated fats like other nuts and most of the fat comes from heart healthy monounsaturated fats (63% of total fat).⁶
- **Reduces heart disease risk** – eating a handful of nuts at least five times a week, including cashews, can reduce the risk of heart disease by 30–50%.¹⁻⁵

Nutrient content of natural cashews⁶

Nutrient	Per 100g
Energy (kJ)	2437
Protein (g)	17.0
Arginine (g)	2.1
Fat, total (g)	49.2
Fat, saturated (g)	8.4
Fat, monounsaturated (g)	31.1
Fat, polyunsaturated (g)	7.5
Carbohydrate, total (g)	16.8
Carbohydrate, sugars (g)	5.5
Glycemic Index ¹²	25
Dietary fibre (g)	5.9
Sodium (mg)	11.0
Potassium (mg)	550
Magnesium (mg)	250
Phosphorus (mg)	530
Iron (mg)	5.0
Zinc (mg)	5.5
Copper (mg)	1.9
Manganese (mg)	1.4
Folate (ug)	25
Vitamin E (mg)	0.7
ORAC ¹³ (umol TE)	1948

This can be attributed to their content of healthy fats, dietary fibre, arginine, magnesium and antioxidant minerals including copper, manganese and zinc.⁶

- **A source of low-Glycemic Index (GI) carbohydrate** – cashews have a low GI value of 25. A low-GI diet can help to manage blood glucose and insulin levels and may also reduce the risk of type 2 diabetes and heart disease.⁷⁻⁸
- **Helps with weight management** – although high in fat, research has found that those eating cashews (and other nuts) are more likely to have a healthy BMI – a measure of weight compared to height.¹⁻⁵ Those watching their waist should include nuts in their diet to help appetite control. Nuts such as cashews also add enjoyment to a weight management diet because of their great texture and taste.⁹
- **A good source of plant protein** – cashews provide around 5g of protein per handful.⁶ Combined with their iron and zinc content, this makes cashews an ideal choice for vegetarians or anyone wanting to eat less animal protein.
- **A source of magnesium, important for bone health.** A handful of cashews supplies around 20–25% of daily requirements.⁶ Magnesium also plays a vital role in energy generation.¹⁰
- **Contains plant iron** – a 30g serve of cashews provides around 12% of the recommended daily intake of iron.⁶ Plant sources of iron are particularly important for anyone following a vegetarian diet. Increase the absorption of plant iron from nuts by combining with vitamin C rich foods such as tomato capsicum, broccoli, citrus fruit or juices.¹⁰

- **A source of copper** – a handful (30g) of cashews provides more than 20% of the recommended daily intake.⁶ Copper is part of several different enzymes in the body. It helps the body use iron and is important for nerve function, bone growth, and glucose metabolism. Copper also acts as an antioxidant, protecting cell membranes from harmful free radicals.¹⁰
- **A source of zinc** – you can get around 12% of the recommended daily intake of zinc from a handful of cashews.⁶ Zinc plays many roles in the body but is particularly important for healthy skin and hair, reproduction and a healthy immune system.¹⁰
- **Naturally low in chemicals** – cashew nuts are the one nut that people following an elimination diet for food intolerance are allowed. Cashews have low levels of natural food chemicals that some may be intolerant too. They are best eaten raw as roasting can increase the levels of these chemicals.¹¹

Buying and storage tips

When choosing nuts, look for crisp, plump kernels. Store nuts in an airtight container in the refrigerator or freezer. Nuts can be refrigerated for up to 4 months and frozen for up to 6 months. Return nuts to room temperature before eating.

For further information on the nutritional benefits of nuts visit

www.nutsforlife.com.au

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Go Nuts for Life. Go Nuts for Health.



Cashews



Chicken and cashew bites

300g lean chicken mince
3 green onions, finely chopped
1 long red chilli, seeded and finely chopped
100g raw cashews, roughly chopped
3 teaspoons lime juice
3 teaspoons fish sauce
¼ cup sweet chilli sauce
2 tablespoons chopped coriander

Heat a non stick frying pan over medium high heat. Spray pan lightly with oil spray and add chicken. Cook for 3–4 minutes or until browned and just cooked through. Add the green onions, chilli, cashews, lime juice, fish sauce, sweet chilli sauce and coriander. Cook for a further 1–2 minutes until mixture is warmed through. Divide between Asian ceramic spoons and garnish each spoon with a coriander leaf. Serves 8.

Note: to serve the dish as a meal, serve the mince mixture with lettuce leaves and let everyone make up their own lettuce 'parcels'.

Nutrient content per serve

Energy 600kJ (144kcal), Protein 10g, Total fat 10g, Saturated fat 2g (20% of total fat), Monounsaturated fat 5g, Polyunsaturated fat 2g, Carbohydrates 5g, Fibre 2g



8 ways to include cashews in your diet

- Make your own cashew nut butter by processing cashew nuts in a food processor – use in place of butter on wholegrain toast or crackers.
- Cashews add a great finishing touch to any stir-fry.
- Serve roasted cashews as a side dish with your favourite curry; or sprinkled on top.
- Combine brown rice with peas, corn and diced red and green capsicum and sprinkle with chopped cashews for a quick tasty lunch that can be served hot or cold (but add the cashews at the end or they will go soft).
- For a tasty variation add cashews to your usual satay sauce.
- Process cashews with a little water to moisten in a blender and use in place of coconut milk for a creamy curry without all the saturated fat.
- A handful of freshly roasted cashews make the perfect pre-dinner snack.
- Make your own pad Thai – stir-fry flat rice noodles with thin slices of carrot, small broccoli florets, bean shoots, fresh coriander, lemon juice and sweet chilli sauce and top with roasted cashews.

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