



Rich Deep Flavour

Walnuts



Fact Sheet

Rich in Omega 3

4th in the top 10 Rich Omega 3 foods, Walnuts contain 9080mg per 100g

Antioxidants

Antioxidants found in Walnuts are 15 times as powerful as vitamin E

Cancer

Research shows two handfuls of Walnuts per day can reduce the risk of Breast Cancer of 50% & also reduce tumour growth by 50%

Heart Health

Eating just four walnuts a day has been shown to significantly raise blood levels of heart-healthy ALA,3, Walnut consumption also supports healthful cholesterol levels.

Reproductive Health in Men

One of the lesser-known benefits of walnuts is their impact on male fertility, greatly improving the quality of sperm

Brain Health

Walnuts contain a number of neuroprotective compounds, including vitamin E, folate, melatonin, omega-3 fats, and antioxidants. Research shows walnut consumption may support brain health, including increasing inferential reasoning in young adults.

Diabetes

The beneficial dietary fat in walnuts has been shown to improve metabolic parameters in people with type 2 diabetes.