

I can't eat nuts. Nuts will make me fat!



Yes, nuts contain fat, but since the majority of that fat is monounsaturated, one small handful per day may actually result in health gains. Recent studies have shown that diets that include a 1 ounce portion of nuts per day are more satisfying, leading people to eat less and control their weight.

Almonds, peanuts, walnuts, pistachios, pecans ... and the list goes on. Each tasty type has its own health benefits, but all are packed with fibre, protein, antioxidants, and a variety of vitamins and minerals.

Nuts may help reduce blood pressure, keep the heart healthy. Handy, portable, and easily added to a variety of dishes, nuts are convenient in addition to being filling and nutritious—a rare and welcome combination.

Snacking on nuts – Top tips

- Limit nuts to a small handful or (1oz) per day is the most healthy way get the benefits without sacrificing your waistline.
- Always buy nuts in their natural state, which have not been salted or roasted.
- Avoid sugar or chocolate coated nuts.
- Use them as a replacement for unhealthy snacks like crisps, biscuits or chocolate bars.

A Graze Box



Ingredients

100g of dried fruits – Raisins, Sultanas, Apricots etc

100g of nuts – almonds, cashews, walnuts, hazelnuts, sunflower & pumpkin seeds

1. Place ingredients into an airtight container.
2. Put on lid and shake well mixing all the flavours of the nuts and dried fruit together.
3. Store in a cool dry place
4. Eat within 14 days of preparation.