



EATING MACADAMIAS TO IMPROVE HEALTH



A surprise but welcome addition to a healthy eating regime is the native macadamia nut. Research has indicated that a handful of macadamias (6 to 20) each day can significantly reduce the risk of heart disease. Clinical tests show that, eaten regularly and moderately, macadamias lower blood cholesterol levels by as much as 7% in only four weeks*.

Macadamias have a high oil content but this consists mainly of monounsaturated fats and contains no cholesterol. Monounsaturated fat – in particular oleic acid and palmitoleic acid, of which macadamias is one of the few sources – protects against cardiovascular disease by lowering total cholesterol and increasing the HDL or good cholesterol. Indeed, monounsaturated fat is considered to be the critical ingredient of the well-known Mediterranean diet. On top of this, macadamias are high in fibre, minerals and vitamins including valuable antioxidants.

Australia's indigenous people derived the benefits from the seeds of the evergreen rainforest tree they called 'Kindal Kindal' for many thousands of years before they were discovered and farmed by European settlers. The locals regarded the nut as a delicacy with rich nutritional value as well as a source of valuable medical and cosmetic properties.

Macadamias are characterised by their crisp texture and sensational flavor as well as their versatility. They taste great when eaten raw from shell or can also be added to a wide variety of savoury and sweet dishes from fish to desserts.

**DM Colquhoun, JA Humphries, D Moore and SM Somerset. 1996. Effects of a macadamia nut enriched diet on serum lipids and lipoproteins compared to a low fat diet. Food Australia 48 (5) – May, 1996.*

The Good Oil:

When it comes to the health benefits, macadamia nut oil stands out as it contains absolutely no damaging cholesterol or trans fatty acids and has even more monounsaturated fat than olive or canola oils. Macadamia oil is 84% monounsaturated compared with 76% for olive and 64% for canola.



Nutritional Information:

Macadamia Nuts – (Raw Kernel) per 100g serve

ENERGY	3080kJ
MOISTURE	1.2g
PROTEIN	9.2g
FAT (total oils)	74.0g
monounsaturates	60g
polyunsaturates	4.0g
saturated	10.0g
ASH (minerals)	1.3g
CARBOHYDRATES Total	7.9g
SUGARS	4.6g
DIETRY FIBRE	6.4g
CHOLESTEROL	Nil
CALCIUM	64mg
POTASSIUM	410mg
SODIUM	2mg

Macadamia Oil Composition per 100g

OIL	75.0g
12% Saturated	
84% Monounsaturated	
4% Polyunsaturated	
PROTEIN	9.0g
CARBOHYDRATE	9.3g
MOISTURE	1.5g
FIBRE	2.0g
MINERAL MATTER	1.6%
ENERGY	2960KJ (725 calories)