Almond Nutrition News
Educating Health Professionals Project

Aranya Changkaoprom
BFoodSc&Nutr, GCertHumNutr, RNutr.
Project Coordinator
About Nutrition Australia

• Not for profit organization founded in 1979

• Vision: Healthy Eating for all Australians

• Mission: Inspire Healthy Eating

• Values
  – Independence
  – Innovative
  – Evidence based best practice
  – Passionate
Nutrition Australia brand

• Website: 2.5 million hits per year
• Facebook: 22,000 likes
• Twitter: 12,000 Twitter fans
• Reach: 4.2 million Australians

The trusted national leader in nutrition education
Overview

- About the Educating Health Professionals project
- Project objectives, activities and outcomes
- Priorities for next year
- Research update
- Preview of draft first resource
About the project

2.5 years (May 2018 – October 2020)

Falls under Outcome 5 of Hort Innovations Almond Strategic Investment Plan for 2017-2021.

**Aim:** to increase awareness amongst Australian health professionals of the health benefits of daily consumption of almonds.

**Long-term goal:**
Increase consumption of Australian almonds within the population.
Objectives

• To provide scientific evidence that almonds play an important role in a healthy diet.

• To increase the understanding and advocacy by health professionals of the nutritional value of almonds to:
  • Heart health,
  • Diabetes prevention and management,
  • Healthy weight.

• To raise the profile of almonds as a food with aspirational health benefits leveraging the health benefits of almonds as:
  • An exercise recovery snack
  • A food that improves cognitive function
Activities and outputs

• Educational resources (create and disseminate):
  • Digital clips x 4
  • Factsheets x 12 approx.
  • Conference attendance x 8
  • Webinars x 2
  • Monitoring and evaluation
Achievements and priorities for next 12 months

• Work completed to date – research and planning phases

• Focus for next 12 months:
  • Developing digital clips and factsheets
  • Conference attendance
  • Hosting first webinar – February 2019
  • Commence monitoring and evaluation
Outcomes

• Reinforce with health professionals that almonds are a heart healthy snack

• Raise the profile of almonds due to lesser known benefits (exercise recovery and cognitive function)

• Increase demand for almonds by consumers
Research update

• 2016 systematic review conducted by University of Wollongong
• Explored different nut categories (including almonds) and their impact on heart health and weight.
• Found that daily consumption of a handful of almonds as part of a healthy diet:
  • Contributes to heart health (able to substantiate a general level health claim “Almonds are a heart healthy food”)
  • Does not result in weight gain
Research update

- Literature review conducted in August 2018 by research associate from University in Sydney
- Looked at effect of almond consumption on diabetes prevention and management (in relation to blood glucose)
- Key findings:
  - Some positive effects were found in individual studies on blood glucose
  - BUT – small number of trials on small number of people
  - Therefore more research is needed in this area
A fact sheet for health professionals

Almonds for heart health

Cardiovascular disease (CVD) including heart disease is the major cause of death in Australia. The top three attributable risk factors for CVD relate to diet: high blood pressure, high body-mass index and high total cholesterol.\(^1\)\(^2\)

Dietary intervention is key to managing these risk factors and there is compelling evidence that consuming nuts, including almonds, offers protection against CVD.

Recommended daily amount

The Australian Dietary Guidelines recommends 30 grams (a handful) of almonds every day.

When eaten as part of a healthy, varied diet, almond consumption contributes to heart health without causing weight gain.
Welcome to our
Health Professional Centre

Nutrition Topics

Latest Research News

Join Our Newsletter

First name

Email address

Sign up
Thank you

Aranya Changkaoprom
Registered Nutritionist and Project Coordinator
Nutrition Australia
P: 03 8341 5818
E: aranya@nutritionaustralia.org