

# ***Nutrition In A Nutshell***

## **A New Nut Gets Added To The Health Basket**

(NAPSA)—Including 1.5 ounces of macadamia nuts each day may lead to an improvement in blood cholesterol levels, according to a new study conducted at The Pennsylvania State University.

“The inclusion of 1.5 ounces of macadamia nuts daily into a heart-healthy diet significantly lowered total and LDL cholesterol,” said Dr. Penny Kris-Etherton, Distinguished Professor of Nutritional Sciences at The Pennsylvania State University, who conducted the study.

The study compared a diet containing Mauna Loa macadamia nuts to an average American diet. Twenty-five adults with moderately elevated blood cholesterol consumed each diet for five weeks. The study demonstrated significant improvements in levels of total cholesterol, LDL cholesterol (bad cholesterol) and the ratios of TC/HDL-C and LDL-C/HDL-C, important measures of cardiovascular health, after eating macadamia nuts as part of a heart-healthy diet. The results of this study are in agreement with previous studies that have also reported a reduction in LDL-C following the consumption of macadamia nuts and other nuts including walnuts, almonds and peanuts.

Macadamia nuts are a concentrated source of monounsaturated fat, which, when eaten regularly,



**Macadamia nuts are heart healthy.**

may help displace sources of cholesterol-raising saturated fats in the diet. However, the data indicate there may be other healthful compounds in macadamia nuts. “We are particularly interested in the changes in blood cholesterol with the macadamia nut diet because the reductions are greater than what would be expected solely on the basis of the type of fat consumed. It is clear that there are other bioactive factors in macadamia nuts,” explained Dr. Kris-Etherton.

“We are very encouraged about these results indicating the link between Mauna Loa macadamia nuts and potential health benefits,” said Dr. Debra Miller, an expert on health and nutrition

from the Hershey Company. Mauna Loa macadamia nuts are grown on nearly 10,000 acres of orchards on the slopes of the Mauna Loa volcano on the Big Island of Hawaii. The Hershey Company acquired Mauna Loa to expand on its existing portfolio of nut-based confections and snack products.

“This study confirms the results of previous studies on the positive benefits of macadamia nuts,” said Dr. Amy Griel, RD, nutrition research scientist. “Macadamia nuts can now be added to the basket of nuts that health professionals can recommend as part of a cholesterol-lowering diet. Like all nuts and treats, macadamia nuts should be enjoyed in moderation as part of a healthy, balanced diet.”

In addition to their great taste, nuts are cholesterol-free and contain important nutrients, including protein and fiber. They’re also a delicious way to get vitamins such as B6 and thiamine, and minerals like magnesium, copper, selenium, phosphorus and manganese. What’s more, research suggests that nuts contain naturally occurring plant compounds, or phytochemicals, which may have health benefits as well.

You can learn more online about delicious ways to get the nutrition you need at [www.hersheys.com](http://www.hersheys.com).