

ZINC

Why include Zinc in your diet?

Zinc is necessary for normal immune function and cell division. It promotes healing of wounds. It contributes to the normal metabolism of macronutrients. It also contributes to cognitive function, DNA synthesis, fertility and reproduction, maintenance of normal hair, skin, nails, bones and vision. It contributes to the maintenance of normal testosterone levels in the blood and to the protection of cells from oxidative stress and has a role in the process of cell division. It is necessary for normal taste and smell and is a constituent of insulin and many vital enzymes. Sufficient intake and proper absorption of zinc is needed to maintain proper vitamin E levels in blood and increases the absorption of vitamin A.

Source of Zinc
Cashews • Peanuts

VITAMIN E

Why include Vitamin E in your diet?

Vitamin E contributes to the protection of cells from oxidative stress. It also helps maintain a healthy immune system and assists in cardiovascular health.

High in Vitamin E
Almonds • Hazelnuts

COPPER

Why include Copper in your diet?

Copper aids in the formation of bone. It also contributes to the normal functioning of the immune system and the nervous system.

High in Copper
Almonds • Cashews • Hazelnuts
Peanuts • Pecans • Pistachios • Walnuts

MUFAs and PUFAs

Why include MUFAs and PUFAs in your diet?

Replacing saturated fats with unsaturated fats (MUFAs or PUFAs) in the diet, contributes to the maintenance of normal blood cholesterol levels.

High in MUFAs or PUFAs
Almonds • Cashews • Hazelnuts
Macadamias • Pecans
Pistachios • Walnuts

Source of MUFAs or PUFAs
Peanuts

MAGNESIUM

Why include Magnesium in your diet?

Magnesium helps maintain a healthy muscle and nervous system and contributes to a reduction of tiredness and fatigue. It is also necessary for teeth and bone structure and the maintenance thereof.

Source of Magnesium
Almonds
Cashews
Hazelnuts

DIETARY FIBRE

Why dietary fibre in your diet?

The soluble dietary fibre plays a role in glucose absorption and maintaining a healthy blood cholesterol level, while the insoluble dietary fibre helps to keep the gut healthy and contributes to regular laxation, thereby helping help to treat constipation.

High in Dietary Fibre
Almonds • Cashews
Hazelnuts • Macadamias
Pecans • Peanuts
Pistachios

Source of Dietary Fibre
Walnuts

SELENIUM

Why include Selenium in your diet?

Selenium is necessary for normal immune system function and contributes to the normal functioning of the thyroid. It also contributes to the normal maintenance of hair and nails.

High in Selenium
Brazil nuts

MANGANESE

Why include Manganese in your diet?

Manganese contributes to the normal formation of connective tissue. It also necessary for normal bone formation, the formation of cartilage and lubrication of joints. It also contributes to cell protection from free radical damage.

High in Manganese
Pecan • Almonds

Source of Manganese
Walnuts • Hazelnuts



SOURCE:
Wolmarans, P. et al. (2010) Condensed Food Composition Tables for South Africa. Medical Research Council, Parow Valley, Cape Town.
Source for selenium content of Brazil nuts:
U.S. Department of Agriculture, Agricultural Research Service.
USDA National Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory.

