



AUSTRALIAN WALNUT INDUSTRY ASSOCIATION Inc.

ABN: 26 468 336 213. Victorian Consumer Affairs Reg. no. A0023961T

PO Box 80 Moyhu Vic 3732 www.walnut.net.au

President: Michael Lang, M 0419 154 017 awiapres@walnut.net.au

Secretary: Sally Smith, M 0418 664 672 awiasec@walnut.net.au

Media Release

“Fresh Australian walnuts are a delicious heart healthy food”

Immediate release.

30th April 2018

The 2018 Australian Walnut harvest has progressed very well with the drier conditions making for a cleaner harvest and a blemish free nut. The conditions have also meant that nuts have been held on the tree longer, meaning that the quality of nuts have been exceptional.

“Over 10,000 tonnes of fresh Australian Walnuts have been harvested and are now reaching domestic and international consumers” said Dr Michael Lang, President, Australian Walnut Industry Association Inc.

New season fresh Australian Walnuts can be found through many retail stores, at Farmers’ Markets and through direct farm gate sales. Visit the Australian Walnut Industry Association website for a list of Australian fresh walnut suppliers: <https://www.walnut.net.au/buy-walnuts/>

Walnuts are amongst the most widely consumed of all commercially grown tree nuts in the world and the Australian production continues to increase as young trees come into production and more new areas are being planted.

Trevor Ranford, Industry Development Officer, Australian Walnut Industry Association, said that “walnuts make a nutritious and delicious snack loaded with amazing benefits for your health”.

Walnuts contain

- ✚ significant amounts of omega-3 fats, in the form of alpha-linolenic acid (ALA) – 6280mg per 100g or 1884mg per 30g handful;
- ✚ a number of different antioxidants including: ellagic acid, ellagitannins and proanthocyanidins which contribute to their overall high antioxidant capacity.

Raw walnuts also deliver one of the highest levels of antioxidants of the edible nuts. A combination of the healthy polyunsaturated fats, plant omega-3s, antioxidants such as ellagic acid, fibre and arginine in walnuts, plus their antioxidant and cholesterol-lowering effects, may help explain why walnuts promote heart health.

More information can be found in the Walnut leaflet prepared by Nuts for Life:

<https://www.nutsforlife.com.au/wp-content/uploads/2015/12/NFL234-Walnut-facts-LR2016.pdf>

Walnuts are easily distinguished as the nut that looks like the brain and have always been thought of as a ‘brain food’. Similar to other nuts, fruits and vegetables, walnuts are packed with a wide range of vitamins, minerals and phytochemicals beneficial to health.

Enjoying a handful or two of walnuts (40-100g) a day as part of a healthy diet to promote heart health, improve blood cholesterol and reduce your risk of type 2 diabetes, with no effects on body weight.

For more information on walnuts and some great recipes go to www.walnut.net.au.

For more Information contact:

Dr Michael Lang, President, Australian Walnut Industry Association Inc

Mobile: 0419 154 017

E-mail: michael.lang@websterltd.com.au

Trevor Ranford, Industry Development Officer, Australian Walnut Industry Association Inc.

Mobile: 0417 809 172

E-mail: tco@walnut.net.au

Attachment: Nutritional information on Walnuts.