

THE CRACKER

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BARCELONA CONGRESS 2013 HOSTS NEW PROGRAMS:

FIRST EVER
NUTRITION
FORUM IN
REUS, SPAIN

OPEN HOUSE &
CEREMONY AT INC
HEADQUARTERS IN REUS



Chaired by
Prof. Jordi
Salas-Salvadó



INTERNATIONAL EXPERTS CALL ON FAT-PHOBIC AUSTRALIANS TO GO NUTS

Australia is counted in the worst third of all OECD countries in its incidence of preventable chronic diseases. Obesity, coronary heart disease, stroke, type II diabetes and cancer account for approximately two thirds of the \$100 billion plus spent each year on public health. Cardiovascular disease affects one in six Australians (more than 3.4 million). One in two Australian men and one in three Australian women will be diagnosed with cancer by the age of 85. An estimated 121,500 new cases of cancer will be diagnosed in Australia this year, which is set to rise to 150,000 by 2020.

As in other developed countries, obesity can be considered an important problem of Public Health. Three in five adults (61%) and one in four children (25%) are overweight or obese, and sufficient scientific evidence has proved that obesity increases the risk of diabetes, cardiovascular diseases and certain types of cancers. As in other countries, in Australia around 30% of people attempt weight loss at least one time. In their attempts to lose weight, many exclude certain foods such as nuts, to reduce their caloric intake, in the belief that they contribute to weight gain. Similar attitudes about the role of foods in weight management have been demonstrated among health professionals. Research conducted on behalf of Nuts for Life in 2010 showed that only 46% of Australian fitness professionals and 46% of GPs surveyed thought that nuts were important for managing overweight or obesity compared to 70% of dietitians.

The INC World Forum for Nutrition Research and Dissemination is aware of the need to disseminate the importance of nuts in the prevention of diseases among health professionals. Nuts for Life in collaboration with the INC Forum organized a Symposium entitled “Nut consumption, cardiovascular risk, body weight and diabetes” in the framework of the 16th International Congress of Dietetics, held in Sydney, Australia, from 5th to 8th of September 2012.

This session, chaired by Lisa Yates, Program Manager and Dietitian at Nuts for Life, reviewed different aspects related to tree nuts. More than 150 participants discussed the latest studies that have associated the consumption of nuts with health. Dr. Emilio Ros from the Hospital Clínic of Barcelona reviewed all the epidemiologic and clinical trials

that have studied nut consumption and cardiovascular risk. The association between frequent nut consumption and a lower risk of cardiovascular disease mortality was observed for the first time in 1992. Since then, over 100 human clinical studies have evaluated the benefits of nuts, and reviewed all the possible mechanisms explaining the protective effect of nuts on cardiovascular disease. Dr. Ros also reviewed some emergent data in relation to the protective effect of nuts on cognitive decline, a subject of research that still needs to be explored in the future.

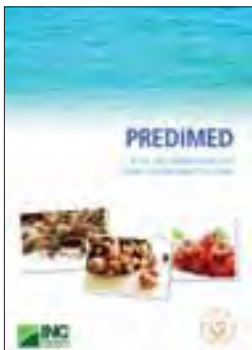


Professor Jordi Salas-Salvadó from Rovira i Virgili University in Reus, Spain, and Chairman of the INC World Forum for Nutrition Research and Dissemination presented the PREDIMED study, a large multicentre and randomized study conducted by different groups in Spain that aimed to assess the effect of the Mediterranean diet (supplemented with nuts or virgin olive oil) on the primary prevention of cardiovascular disease in subjects at high cardiovascular risk without events at the moment of recruitment. Prof. Salas-Salvadó reviewed the most important findings published to date on the effects of nut consumption on health in the frame of the PREDIMED trial. He also presented unpublished data from this clinical trial by mean of a baseline cross-sectional analysis of nut consumption and obesity, metabolic syndrome and other cardiovascular risk factors conducted in

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more than 7300 individuals before the interventions had started. Prof. Salas-Salvadó commented that compared to participants consuming <1 serving/wk of nuts, those consuming >3 servings/wk had 38% lower risk of obesity, 22% lower risk of central obesity, 22% lower risk of diabetes, 18% lower risk of metabolic syndrome, and 16% lower risk of hyperglycaemia.



PREDIMED has shown that a Mediterranean diet enriched with a 30 g handful of mixed nuts a day can: a) reduce the risk of diabetes by 52%; b) reduce the risk of metabolic syndrome by 13.7%; c) reduce blood glucose levels, systolic and diastolic blood pressure and the LDL:HDL cholesterol ratio; d) decrease insulin resistance in those non diabetic individuals; e) improve biomarkers of inflammation and oxidation on the cardiovascular system, and f) reduce waist circumference.

In fact, since 2003 more than 50 scientific papers have been published on the wide-ranging health benefits of a high vegetable fat diet. In some cases, the benefits were evident after only three months, in some others after more than 4 years of follow-up.

“Our nine years of research have overwhelmingly demonstrated that healthy diets rich in mono and polyunsaturated fatty acids provide long-term protection from coronary heart disease, diabetes on obesity” said Prof. Salas-Salvadó and Dr. Emilio Ros.

“In the last years the Dietary Public Recommendations were based on low-fat diets. The PREDIMED study has demonstrated that a

diet moderately rich in vegetable fat has more protective effects on cardiovascular diseases”. “We think that the PREDIMED study will change Dietary Recommendations in the future, especially in those at high risk of cardiovascular disease” added Dr. Emilio Ros.

Professor Linda Tapsell from the Wollongong University, Australia, and Chairman of the Scientific Committee of the International Congress on Dietetics conducted an excellent review of scientific research in relation to the effect of nuts on body weight, insulin resistance and diabetes management. Prof. Linda Tapsell affirmed that “eating nuts in place of foods that are equivalent in energy does not cause weight gain”. “In fact several epidemiologic studies demonstrated an inverse association between nut consumption and weight gain or obesity”. In addition, “there are approximately 30 clinical trials that have demonstrated the beneficial effect of nut consumption on lipid profile, diabetes and other markers of disease, and most of them have not observed any negative effect on body weight”.



Dr. Ros and Prof. Salas-Salvadó also participated in a Hot Session with more than 150 participants to discuss the most important results of the PREDIMED study in relation to the Mediterranean diet, especially with the consumption of two typical Mediterranean food rich in fat: virgin olive oil and tree nuts.

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Nuts for Life also organized a press conference under the theme “International experts call on fat-phobic Australians to go nuts” on occasion of the visit of both Spanish scientists, with great participation of the media.