



**For Immediate Release**  
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## Nuts and Nutrition FAQ

**Sahale Snacks** crafts and markets natural, gourmet snacks and is dedicated to helping people “Snack Better™.”

The company was founded on a simple idea: Take all-natural ingredients, add a dash of culinary magic, and produce great-tasting snacks. While dietary fads come and go, consumers now appreciate the true value of a healthy, balanced diet with varied sources of protein and “good fats.” With many health experts heralding the benefits of nuts, health-conscious consumers are including more nuts in their diets. In July 2003, the Food and Drug Administration approved its first qualified health claim for a food, which addresses the health benefits of eating a small portion of most nuts on a daily basis. And the FDA’s recently revised food pyramid also highlights the importance of tree nuts as part of a balanced daily diet, including beneficial poly- and mono-unsaturated fats.

To help you understand the health benefits of including nuts into your diet, we have answered your most frequently asked questions.

### Why are nuts good for me?

Nuts like cashews, almonds, Brazil nuts, hazelnuts, macadamias, pecans, pine nuts, and pistachios can be a good source of the following:

- Protein
- Fiber
- Healthy monounsaturated fats
- Vitamins
- Nutrients
- Antioxidants
- Plus, many studies have shown that nuts have powerful cholesterol-lowering effects<sup>1</sup>

### Can I still enjoy nuts if I am watching my weight?

When enjoyed in moderation, nuts do not appear to cause weight gain. In fact, many health care professionals and diet experts agree that treating yourself to a handful of nuts (or 1 1/2 ounces) as a snack can help satisfy you and curb your appetite<sup>2</sup>. Nuts contain no trans-fats and are typically low in saturated fats and high in good-for-you polyunsaturated and monounsaturated fats.

### What if I am watching my cholesterol?

Most tree nuts contain no cholesterol and are a great source of minerals and nutrients. In fact, tree nuts are full of a compound known as sterol, which has been shown to help reduce cholesterol<sup>3</sup>.

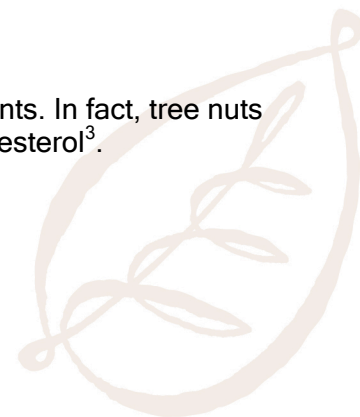
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<sup>1</sup> [www.webmd.com/](http://www.webmd.com/)

<sup>2</sup> [www.nuthealth.org/nutrition](http://www.nuthealth.org/nutrition)

<sup>3</sup> [www.nuthealth.org/nutrition](http://www.nuthealth.org/nutrition)



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**Can adding nuts to my diet improve my heart health?**

According to the Food and Drug Administration, eating 1.5 ounces per day of most tree nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease<sup>4</sup>.

**What are tree nuts?**

Tree nuts are just what they sound like - nuts that grow on trees! There are nine recognized types of tree nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, and walnuts<sup>5</sup>.

**Are tree nuts a good source of protein?**

Tree nuts are an excellent source of protein. They are even included in the USDA Food Guide Pyramid within the meat category! The nutrition in 1/3 cup of tree nuts is equivalent to 5 oz. of lean meat<sup>6</sup>.

**How can I add more nuts into my diet?**

Nuts are nature's convenience food. Naturally bite sized and delicious, nuts are the perfect snack for an on-the-go lifestyle. At Sahale Snacks our motto is **Snack Better™**, which is why we primarily use premium tree nuts. Pick up one of our Nut Blends or Glazed Nuts as a healthy snack on its own or use as a topping for salads, meats, fruit and yogurt!

**What is unique about Sahale Snacks products that make them healthier than typical nut mixes?**

Sahale Snacks selects only the highest quality ingredients when creating our premium nut blends. To add sweetness to our blends, we use organic tapioca syrup and organic evaporated cane juice that serve as an alternative to corn syrup or other highly processed sweeteners. We don't use artificial preservatives or flavorings to make our gourmet snacks and we use only unsulfured fruits in our products. Also, lots of snack companies oil roast nuts in giant vats of boiling oil, which is faster and cheaper. Sahale Snacks carefully dry roasts its nuts in ovens.

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<sup>4</sup> The Food and Drug Administration Website

<sup>5</sup> [www.nuthealth.org/nutrition](http://www.nuthealth.org/nutrition)

<sup>6</sup> [www.mypyramid.gov](http://www.mypyramid.gov)