

# THE CRACKER

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The Official Voice of the International Nut and Dried Fruit Council Foundation for the World Nut and Dried Fruit Trade

## MELBOURNE AUSTRALIA TO HOST INC 20-22 MAY 2014

### BARCELONA CONGRESS BREAKS ALL RECORDS

### INC AWARDS TWO RESEARCH GRANTS



**1 PRIORITISE YOUR FOOD AND ACTIVITY**  
We are the victims of our food environments. When we are hungry, healthy food is available, plan three food intake opportunities. You may never see these foods they're not there. But not contribute to long-term weight gain. The same can be said for exercise. You need to make the time and prioritise it. There's no excuse, another job you should be doing. You need to stop at the service station to get a drink, but if you are seriously committed to getting fit, you have to prioritise your food and exercise.

**2 EAT MORE VEGETABLES**  
You may manage to eat half a plate of vegetables a few nights a week, but the truth is that you need to eat more.

**FOOD TIP OF THE WEEK**  
Resist the temptation to eat extra bread, entrees and meals cooked in more oil than you would use at home. To compensate, always exercise. You can contain twice as many kilojoules as a regular meal. To compensate, always exercise. Even if you can only manage a few minutes a week, prioritising this time can make a difference.

**3 EAT NUTS EACH DAY**

Nuts are powerful antioxidants. Walnuts in particular are rich in long-chain polyunsaturated fatty acids, which are good for heart health. They're also a great source of protein and fibre. For a tasty snack or to take the edge off your hunger, grab a small handful from work or the gym bag and enjoy.



**6 PROTECT YOUR FITNESS**  
If you want to be fit, you need to be consistent. Children are constantly on their parents' minds. If you are going to make a family meeting, you need to move more on a regular basis.

**7 EAT MINDFULLY**  
Research has shown that teenagers who eat mindfully help teenagers perform better in school. But that sitting down and eating without distractions such as TV or a phone. Even if you can only manage a few minutes a week, prioritising this time can make a difference.

**RECIPE OF THE WEEK**

**Pork chops with warm lentil & tomato salad**



Chaired by  
Prof. Jordi  
Salas-Salvadó



## 2013 INC RESEARCH GRANT

The INC World Forum for Nutrition Research Evaluating Committee held a meeting last May 19th to conclude the peer-review of the projects submitted under the INC 2013 Call for Expressions of Interest. The aim of this grant is to finance some research projects on health and nutrition in relation to nuts and dried fruits. The call launched on January 23rd was addressed to public and private institutions, as well as not-for-profit organizations, and encouraged cooperative research. It was sent out to more than 120 researchers who have published studies related to nuts and/or dried fruits over the last years, and more than 50 associations around the world.

INC received 13 applications of high quality from 9 countries. These projects included basic research, clinical trials and epidemiological studies in relation to the effect of consumption of nuts and dried foods on diabetes, cancer, cognitive function... It was very difficult for the committee to make a final recommendation as all projects were of high interest and scientific quality. Finally, two projects were recommended to be awarded because of their important contribution to science in this research field, and also for being of special interest for the nut and dried fruit industry.

### INC AWARDS BRIGHAM AND WOMEN'S HOSPITAL, HARVARD'S SCHOOL OF PUBLIC HEALTH, AND THE UNIVERSITY OF NAVARRA.

The first awarded project is an epidemiological study conducted in the cohort of the Health Professionals Follow-up Study, aimed at assessing if nut consumption is associated with a better cognitive function. The second project is a clinical trial conducted in Spain that aims to assess the cardiovascular effect of an intensive weight-loss lifestyle intervention based on a traditional Mediterranean diet, relatively rich in fat from olive oil and nuts, in comparison with a less intensive program using a Mediterranean diet not restricted in energy.

- Project: **Long-term nut consumption and cognitive function with aging** (epidemiologic study). Principal Investigator: Dr. Fran Grodstein, The Brigham and Women's Hospital, Boston, USA. Co-Applicant 1: Prof. Walter Willet, Dept. of Nutrition, Harvard School of Public Health, USA. Co-Applicant 2: Dr. Brian Harel, CogStates, New Haven, USA.
- Project: **Long-term effects of an energy-restricted Mediterranean diet on mortality and cardiovascular disease** (clinical study). Principal Investigator: Dr. Miguel Ángel Martínez-González, University of Navarra, Spain. Multi-institutional collaborative project.