



California Walnuts – Health and innovation

August 2019

California Walnuts continue to offer a consistent and versatile product with numerous innovative uses, from home baking to everyday snacking, adding nutritional benefits and value. More recently, walnuts are being incorporated into a wide range of restaurant menus, even substituting meat in some recipes, as an appetising, nutrient-dense plant-based alternative.



The first commercial use debuted in June at the National Restaurant Association Show in Chicago, Illinois. Azar Nuts/Mount Franklin Foods developed Walnut Crumbles under their *it's nature* brand, after attending the CWC's exclusive foodservice chef summit in 2018. Not only does this meat alternative taste delicious, it also gives consumers a new dietary option. This product is available in the US in one-pound or five-pound bags in two amazing flavours: Chorizo and Italian.

For inspiration, see the 'California Walnut and Mushroom Burgers with Cucumber and Walnut Salad' featured online at californiawalnuts.co.uk.

Walnuts are the only tree nut to contain a significant amount of the plant-based omega-3, alpha-linolenic acid (ALA), 2.7g/ 30g. A handful of walnuts also offers 4.4g of protein and 1.4g of fibre¹. A proven health benefit acknowledged by the European Food Standards Agency (EFSA) is the contribution to the maintenance of normal blood cholesterol levels brought about by the alpha-linolenic acid (ALA) found in walnuts². [High cholesterol is a risk factor in the development of coronary heart disease]. Research shows that California Walnuts also contribute to the improvement of the elasticity of blood vessels³, which is another key factor in improved cardiovascular health.

¹ Food Standards Agency (2002), McCance & Widdowson's The Composition of Foods, Seventh summary edition. Cambridge: Royal Society of Chemistry

² EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on the substantiation of health claims related to walnuts and maintenance of normal blood LDL-cholesterol concentrations (ID 1156, 1158) and improvement of endothelium-dependent vasodilation (ID 1155, 1157) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. EFSA Journal 2011; 9(4):2074. [19 pp.]. doi:10.2903/j.efsa.2011.2074.

³ EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on the substantiation of health claims related to walnuts and maintenance of normal blood LDL-cholesterol concentrations (ID 1156, 1158) and improvement of endothelium-dependent vasodilation (ID 1155, 1157) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. EFSA Journal 2011; 9(4):2074. [19 pp.]. doi:10.2903/j.efsa.2011.2074.

California Walnut Commission

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TRADE ACTIVITY UPDATE

Incorporating California Walnuts into meals or eating them as a snack is a simple, tasty and convenient way to add important nutrients to your diet. Adding a handful (approx. 30 grams) of California Walnuts is all that's required.

Award-winning dietitian Sian Porter says; *“Rather than focusing on single nutrients, what's important is the overall quality of your diet and the range, variety, frequency and amounts of different foods you choose to eat to provide the energy and nutrients needed for growth and a healthy, active life. As a nutrient-dense food, walnuts can be eaten in place of less healthy choices to improve overall diet quality.”*

The California Walnut Commission (CWC) has supported health-related research on walnuts for more than 25 years with the intent to provide knowledge and understanding of the unique health benefits associated with consuming walnuts. To date, the CWC has invested more than \$19 million and provided numerous walnut samples for health research over the past 25 years resulting in 164 supported publications from 11 countries and 55 leading institutions. While the CWC does provide funds and/or walnuts for various projects, all studies are conducted independently by researchers who design the experiments, interpret the results and present evidence-based conclusions. The CWC is committed to the scientific integrity of industry funded research. Research continues to be an important factor in understanding the evolving body of evidence regarding walnut consumption.

CWC Spring/summer 2019 update

To read a round up of the recent CWC activity in 2019, see the spring and early summer newsletter here: <https://californiawalnuts.co.uk/trade-news/>

For further information, please contact the California Walnut Commission on 01628 535 755 or via email at trade@californiawalnuts.co.uk.

NOTES TO THE EDITOR

About the California Walnut Commission

The California Walnut Commission (CWC), established in 1987, represents the California walnut industry made up of over 4,800 growers and close to 100 handlers. The CWC is mainly involved in health research and export market development activities. More than 99% of the walnuts produced in U.S. are grown in the fertile soils of California. Internationally, California Walnuts supply two-thirds of the world's walnut trade.

UK website and social media channels:

www.californiawalnuts.co.uk

Instagram: @walnuts_uk

Facebook: @Walnuts.UK

Twitter: @Walnuts_UK

About the role of The Garden (Marketing & PR) Ltd

Activity for the California Walnut Commission in the UK is coordinated by The Garden (Marketing & PR) based in Bourne End near London. The programmes run in the UK with the broader aim of positioning the California Walnut as the walnut and origin of choice. Working with importers, wholesalers, nut processors, manufacturers and retailers – to increase the sales of California Walnuts over other origins in the UK and thereby overall exports to the UK.

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