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## PRESS RELEASE

### For Immediate Release

#### **New Study Reveals Nut Consumption Can Prevent Inflammatory Diseases**

March 21, 2011 - According to a new study published by the *American Journal of Clinical Nutrition*, on the 16<sup>th</sup> of March 2011, nut consumption has a protective effect against inflammatory disease mortality. Previously, many studies had been carried out to learn about the long-chain polyunsaturated fatty acids' potential to attenuate excessive inflammation in inflammatory diseases and conditions, such as chronic obstructive pulmonary diseases, rheumatoid arthritis, asthma and inflammatory bowel disease.

The current study focused on diseases for which inflammation or oxidative stress is the key pathophysiologic factor, aiming to discover whether a diet high in nuts, given their anti-inflammatory properties and being rich in unsaturated fats and other nutrients, was related with a reduced risk of inflammatory mortality.

2.514 participants aged 49 and over were involved in the study. Researchers collected dietary data using a semi-quantitative food-frequency questionnaire and calculating nut intakes. It was found that women with a higher intake of polyunsaturated fatty acids had a 44% reduced risk of inflammatory disease mortality, compared with those with a lower intake. Nut consumption was found to reduce risk of inflammatory disease mortality by up 51%.