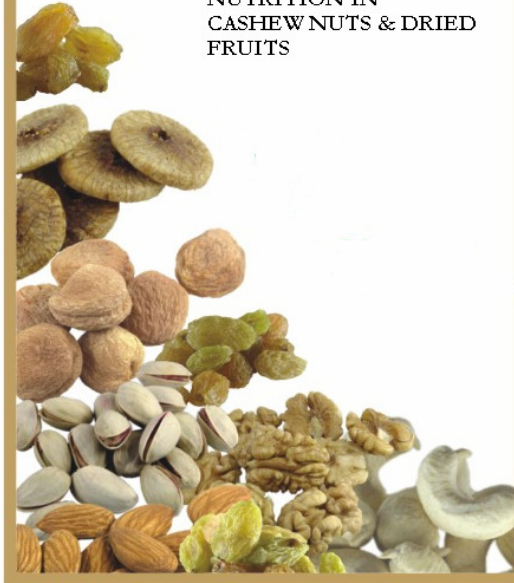




ACHAL[®]

ACHAL'S GUIDE TO
NUTRITION IN
CASHEW NUTS & DRIED
FRUITS



ACHAL[®]



Quality Cashews

WORLD'S FIRST ISO 22000
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CASHEW FACTORY

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◆ INTRODUCTION:

The ability of the human race to produce food at will, an increase in the choices available along with availability of surplus purchasing power have induced eating habits that exceed the requirements of the normal human being.

The sixties and seventies found a rapid growth in lifestyle diseases which culminated in a crisis stage in advanced countries. As lifestyles changed, the importance of nutrition too began to grow in leaps and bounds, and well meaning individuals and institutions over the world initiated discussions about the value of nuts.

Investigations into the positive values of dried fruits and tree nuts are thus of recent origin. We bring to you a collection of these along with nutrition tables. Modern science and journalism bring with them a bewildering array of claims and counter-claims. We request you to take a look and determine for yourself.

Nuts possess all the following favourable characteristics, they are:

- Low in saturated fat
- High in monounsaturated and polysaturated fat
- Free of cholesterol
- Rich in fibre
- High in potassium salt and low in sodium salt
- High in vitamins and antioxidants
- Rich in a variety of other nutrients such as magnesium and phyto-estrogens.

Nuts are packed with nutrients, and are increasingly being recognized as powerhouses of health-promoting substances, especially for people who need to lower their cholesterol, triglycerides or blood pressure. And despite their high fat content and calorie richness, nut and nut products, which provide satiety often missing from fat-free carbohydrate foods, have been shown to help people adhere to weight-loss diets and to maintain their losses.

Nuts have for long been considered a valuable source of nutrition. From olden days down to modern times, travellers have found them convenient as ready-to-eat food which is both healthy and tasty.

Tree nuts are a traditional part of many ethnic cuisines, providing rich flavours that complement just about any herb, spice, fruit, vegetable, cheese or meat. Almonds, cashews, hazelnuts, macadamias, pistachios and walnuts – tree nuts are always a hit and a delicious addition to just about any recipe. As part of a main dish, salad, sandwich or dessert, or as snacks to enjoy a casual part, nuts are as tasty as they are versatile. 2–3 servings of nuts and fruits daily are recommended by most dieticians.



ACHAL introduces to its customers the intrinsic value of cashews as a nutritious food.

The Cashew, botanically known as *Anacardium Occidentale*, is a tree nut. Cashew is one of the largest consumed tree nuts in the world.

Cashew Kernel is highly nutritious and tasty. 100g of cashew kernels contributes about 600 calories.

Cashew has been promoted as an item of indulgence ever since its introduction to consumers' since 1920s.

Wholes or broken, cashews make a fine ingredient. Hundreds of recipes have cashew or cashew paste in it. When used for garnishing or as a side-dish, cashews make the food look good and tempting.

Cashews are healthy and enjoyable too! Stay healthy. Eat a few cashews a day.

- **Nutrition in a nut shell:**

Cashew kernel is a nutritious and tasty edible tree nut. It has a balanced nutritive profile. Apart from nutritive values like proteins, fats, and carbohydrates, Mother Nature has gifted cashew kernels with vitamins like Vitamin E, Thiamine, Riboflavin, etc. Hence it is also called as "Nature's Vitamin Pill".

NUTRIENT VALUES OF CASHEW NUTS – Value per 100g :

NUTRIENT	UNITS	VALUE PER 100 gms
Proximate		
Water	g	5.20
Energy	Kcal	553
Energy	kJ	2314
Protein	g	18.22
Total Lipid (fat)	g	43.85
Ash	g	2.54
Carbohydrate, by difference	g	30.19
Fiber, total dietary	g	3.3
Sugars, total	g	5.91
Sucrose	g	5.81
Glucose (dextrose)	g	0.05
Fructose	g	0.05
Lactose	g	0.00
Maltose	g	0.00
Galactose	g	0.00
Starch	g	23.49
MINERALS:		
Calcium, Ca	mg	37
Iron, Fe	mg	6.68
Magnesium, Mg	mg	292
Phosphorus, P	mg	593
Potassium, K	mg	660
Sodium, Na	mg	12
Zinc, Zn	mg	5.78
Copper, Cu	mg	2.195
Manganese, Mn	mg	1.655
Selenium, Se	mcg	19.9
VITAMINS:		
Vitamin C, total ascorbic acids	mg	0.5
Thiamin	mg	0.423
Riboflavin	mg	0.058
Niacin	mg	1.062
Pantothenic Acid	mg	0.864
Vitamin B – 6	mg	0.417
Folate, total	mcg	25
Folic Acid	mcg	0
Folate, food	mcg	25

Folate, DFE	mcg_DFE	25
Vitamin B - 12	Mcg	0.00
Vitamin A - RAE	mcg_RAE	0.00
Retinol	mcg	0
Carotene, Beta	mcg	0
Carotene, Alpha	mcg	0
Cryptoxanthin, Beta	mcg	0
Vitamin A, IU	IU	0
Lycopene	mcg	0
Lutein+zeaxanthin	mcg	22
Vitamin E (alpha-tocopherol)	mg	0.90
Tocopherol,Beta	mg	0.03
Tocopherol,Gamma	mg	5.31
Tocopherol,Delta	mg	0.36
Vitamin K(phyloquinone)	mcg	34.1
LIPIDS		
Fatty acids, total saturated	g	7.783
4:00	g	0.000
6:00	g	0.000
8:00	g	0.015
10:00	g	0.015
12:00	g	0.015
14:00	g	0.015
15:00	g	0.000
16:00	g	3.916
17:00	g	0.046
18:00	g	3.223
20:00	g	0.266
22:00	g	0.173
24:00:00	g	0.101
Fatty acids, total monosaturated	g	23.797
14:01	g	0.000
15:01	g	0.000
16:1 undifferentiated	g	0.136
17:01	g	0.000
18:1 undifferentiated	g	23.523
20:01	g	0.138
22:1 undifferentiated	g	0.000
Fatty acids , total polyunsaturated	g	7.845
18:2 undifferentiated	g	7.782
18:3 undifferentiated	g	0.062
18:04	g	0.000
20:2 n-6 c,c	g	0.000
20:3 undifferentiated	g	0.000
20:4 undifferentiated	g	0.000

20:5 n-3	g	0.000
22:5 n-3	g	0.000
22:6 n-3	g	0.000
Cholesterol	mg	0
AMINO ACIDS		
Tryptophan	g	0.287
Threonine	g	0.688
Isoleucine	g	0.789
Leucine	g	1.472
Lysine	g	0.928
Methionine	g	0.362
Cystine	g	0.393
Phenylalanine	g	0.951
Tyrosine	g	0.508
Valine	g	1.094
Arginine	g	2.123
Histidine	g	0.456
Alanine	g	0.837
Aspartic acid	g	1.795
Glutamic acid	g	4.506
Glycine	g	0.937
Proline	g	0.812
Serine	g	1.079

Source: USDA National Nutrient Database for Standard Reference, Release 21 (2008)

g = gram
mg = milligram
mcg = microgram
IU = International Units

Source: <http://www.nutfruit.org/cashews>



What is cholesterol?

Cholesterol is a soft, waxy substance found in the bloodstream and body's cell of all human beings. The liver manufactures about 80 % of the cholesterol found in the body. The rest is consumed through cholesterol rich foods like meat, milk, eggs and dairy products.

Cholesterol is an important part of a healthy body because it is used to form cell membranes, some hormones and is needed for other functions. But a high level of cholesterol in the blood is a major risk factor for coronary heart disease, which leads to heart attack.

◆ Cashew has 0% cholesterol

Cashews have zero cholesterol. It is scientifically proven that there is no cholesterol in any vegetable product. The confirmation can be made in any food laboratory. We rely on the US Department of Agriculture which tests cashews annually. (<http://www.ars.usda.gov/>)

This nutritional data reference base has a test on cashew and variants. The myth about cholesterol in cashew came about when physicians advised patients with problems related to the heart to discontinue eating cashews. But there is no scientific investigation on the negative effect of cashews on the cholesterol of a normal human being. Any person who eats a few cashews a day will stay healthy. However, if a physician advises to stay away from cashews it would be a caution on adding fat.

◆ **Some facts about Fat:**

Nuts are relatively high in fat, but most of the fat is unsaturated. It is important to look at not only the amount of fat you eat, but also the type of fat. Saturated fat can raise blood cholesterol levels, which can increase the risk of heart attack or stroke. Unsaturated fats, such as polyunsaturated and monounsaturated fats, can actually decrease low – density lipoprotein (LDL or 'bad' cholesterol) levels which can clog arteries.

◆ **Why fat in nuts is good?**

Monounsaturates and polyunsaturates, which are in nuts, can reduce blood cholesterol levels, in part by spurring the liver to clear cholesterol from the blood.

For a diet to be well – balanced, it should have a dominant level of monounsaturated fat and relatively low levels of saturated and polyunsaturated fats – the last two being nearly equal in quantity. In this sense, cashew nuts are well balanced in fat composition.

◆ **Cashews are rich in fat:**

In fact, it constitutes about 47% of the total weight of the nut. This could be good news for people who feel weak or debilitated, but what does it mean to people who are conscious of their weight and fat intake?

Cashews have what is called as the "good" fat. The ratio of Saturated: Monounsaturated: Polyunsaturated is 1:2:1 which is ideal for human consumption. The relative abundance of monounsaturated fatty acids in Cashew nut is an advantage. The fatty acid profile in cashews is conducive to the promotion of good health and the relative abundance of fat in Cashew nut in no way poses a

nutritional risk. Consumption of Cashews on a large scale may add to your weight but moderate consumption will be beneficial.

◆ **Nuts and weight loss / Diet with cashew nuts:**

Nuts have long been no – nos on weight – loss diets. As energy – dense foods, nuts can easily become a source of excess calories, especially nibbled semiconsciously. However, when nuts and nut products are included in a calorie – controlled diet, they may actually improve dieting success.

◆ **Did you know...**

You can eat nuts even if you are watching your weight. Experts have found that including nuts in the diet does not appear to cause weight gain as long as total calories are controlled. Furthermore, eating just a handful of nuts a day may curb your appetite.

- ◆ Tree nuts are cholesterol – free and full of important nutrients, including protein and fibre. They are also a great source of vitamins such as folic acid, niacin and vitamins E and B6 and minerals like calcium, magnesium, copper, zinc, selenium, phosphorous and potassium which protect against high blood pressure.

- ◆ Dieticians all over the world recommend a reduction in the intake of meat and meat products and a liberal increase in the consumption of fruits and nuts. Nuts are rich in proteins, the body – building material essential for growth and maintenance of tissues. They are a concentrated source of energy and contain a large quantity of unsaturated fats.



◆ **Cashew nuts In Food:**

Cashew kernels have found applications in food since ages. Currently, the usage has expanded considerably and cashew has found its presence invaluable in any combination of food. It is already popular with the manufacturing industry in biscuits and chocolates and ice cream. A wide application in Indian, Eastern or western cuisine make cashew in food highly pleasurable.

Achal provides a variety of choice of broken grades, which will meet specific requirements in the kitchen.

Cashews are one of the most delicious tree nuts. It can add taste to virtually anything i.e ice-creams, sweets, chocolates, dishes. People enjoy the most when they eat plain or roasted Cashew. In the recent years, the cultivation of tree-nuts and the processing of products derived from them have increased continually. People consume these tasty energy-concentrates with aperitifs and digestives and as side-dishes, appetizers or snacks before and after meals, mainly during work lunches, breaks, cold meals and parties with relatives or friends.

The advantage of Cashew Kernel is that it has a rich, delightful taste and is acceptable as it is.



Other Nuts and Dried Fruits at a glance:

■ ALMONDS:



Almond is a tree nut which is rich in calcium, protein & fiber & a good source of antioxidants such as Vitamin E and selenium which helps prevent prostate cancer. Almonds reduce colon cancer risk & protect the heart.

■ APRICOTS:



Apricots contain a lot of vitamin A, C & potassium. Due to their high fiber, dried apricots are sometimes used to relieve constipation, remove intestinal worms & prevent gallstones. Apricots possess the highest levels and widest variety of carotenoids which are antioxidants that help prevent heart disease, reduce "bad cholesterol" levels, and protect against cancer.

■ PISTACHIO:



Pistachio nuts are especially rich in phytosterols which reduce the risk of heart disease. Pistachios are the richest sources of potassium.

■ WALNUTS:



The walnut is a good source of omega – 3 fatty acids that counter the blood clots that can cause heart attacks and strokes. Walnuts can keep breast cancer away & protect the heart.

■ FIGS:

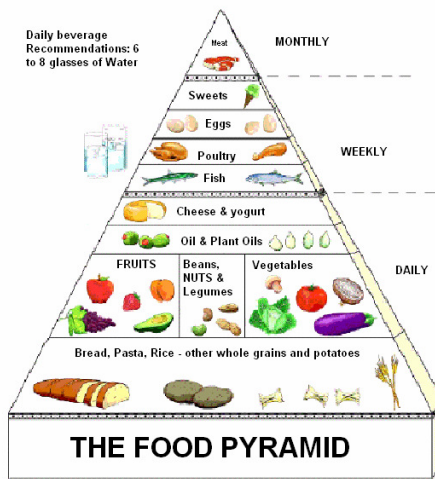


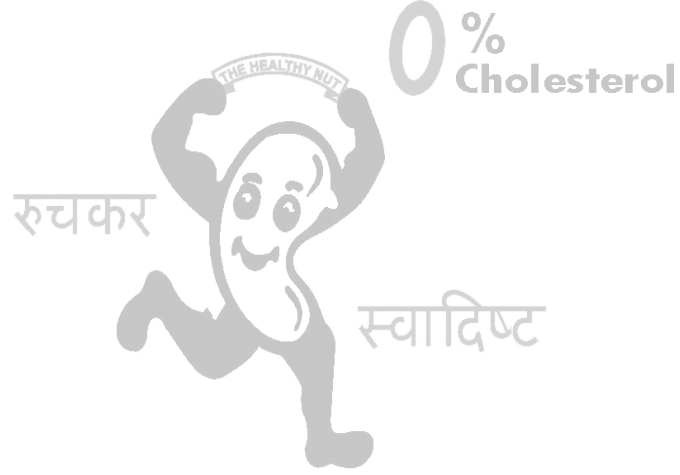
The health benefits of figs include promoting healthy bowel function due to the high levels of fibre. Figs are amongst the most highly alkaline foods, making them useful in balancing the pH of the body. They are a good source of potassium, important in helping to regulate blood pressure.

Sources:

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