



Activity Title: GO NUTS!
Activity Type: Individual
Duration: One week or one month
Point Values: - Earn 3 points each day that 1 to 2 ounces of nuts are consumed
- 3 points maximum per day
- 21 points maximum per week
- 93 points maximum per month

Description

Dan Buettner's fascinating book, *The Blue Zones*, identifies four areas in the world where people live exceptionally healthy and long lives. One of those areas is a Seventh-day Adventists community in southern California. In studying that population, the following five-lifestyle behaviors combined to add as many as 10 years to a normal life span:

1. Eat a vegetarian diet
2. Eat nuts
3. Don't smoke
4. Be physically active
5. Maintain a normal body weight

Eating nuts was found to add an additional two years of longevity, primarily due to its heart health benefits. To date, at least four major studies have shown that eating nuts positively impacts health and longevity.

GO NUTS! encourages people to enjoy nutritious nuts as a daily snack. Nut snacks should "replace" other types of snacks and **not** be an addition to a person's normal food intake – especially important for people concerned about weight management. The healthiest nuts include: almonds, hazelnuts, peanuts (technically not a nut, rather a "legume"), pecans, some pine nuts, pistachios, and walnuts. Nuts with higher saturated fat content, but still a healthy snack alternative in single serving sizes, include: brazil nuts, cashews and macadamia nuts.

A one-ounce serving of nuts is considered a standard serving size. This represents 10-30 grams and typically between 150-200 calories. Examples of the actual number of nuts in a single serving are: 22 to 24-shelled almonds, 7-brazil nuts, 16 to 18-cashews, 20-hazel nuts, 12-macadamia nuts, 28-peanuts, 20-pecan halves, 45 to 47-pistachios and 14-shelled walnut halves. The U.S. Food and Drug Administration recommends 1½ ounces, or 1/3 cup of nuts a day. Remember that the health benefits of nuts can be significantly reduced when the nuts are covered with chocolate, sugar, or salt. A 1 to 2 ounce nut tin, cup or container, can be a helpful tool, both as a reminder to eat them and to measure the proper amount.



How It Works

1. Determine the duration and establish incentives, if any, for points earned during the activity.
2. Share the description and resources with employees and demonstrate a typical serving size.
3. Provide 1 to 2 ounce paper cups, or small tins, to help people measure the proper serving size.
4. Communicate before and during the activity, using the resources, health information and quotes provided. Emails, social media postings, posters and communication from management can be effective in promoting participation.
5. Distribute the **Individual Scorecard** and post the **Group Scoreboard** in a high traffic area. Individuals keep track on both the **Individual Scorecard** and the **Group Scoreboard**.
6. People receive 3 points each day that they consume 1 to 2 ounces of healthy nuts.
7. At the end of each day, individuals rank their day from 1 to 5 (best). The purpose of ranking each day is to see if a relationship can be shown between eating healthy nuts as a snack and how people feel.
8. At the end of the activity, award points and incentives earned. After the month-long activity, present **Certificates of Achievement**. Gold = minimum of 80 points. Silver = minimum of 60 points. And, Bronze = minimum of 40 points. Consider having a drawing for prizes at each achievement level.
9. Encourage people to share their activity experiences and invite them to complete the **Activity Survey**.

Wellness Benefits

- Nuts are a good source of protein and Vitamin E. Vitamin E can decrease plaque development in arteries and protects against cognitive decline during aging.
- Nuts provide valuable fiber and plant sterols that can lower bad cholesterol and help prevent diabetes. It also makes you feel full, which leads to eating less.
- The Omega-3 fatty acids in nuts are good for your heart – they prevent dangerous heart rhythms that can lead to a heart attack and can improve the health of artery walls.
- Nuts help fill you up, eat less, and manage weight better.
- Offers protection against certain types of cancer.

Measureable Outcomes

- What percentage of employees participated?
- Did people report that they ate certain nuts as a snack for the first time?
- Did people report weight loss or reduced waist circumference?
- Do employees continue to eat nuts for snacks?

Resources

AskMen.com

“The Health Benefits of Nuts”

Link: http://www.askmen.com/sports/foodcourt_100/100_eating_well.html



Resources continued

The Blue Zones (bluezones.com)
Book by Dan Buettner
Link: <http://www.bluezones.com>

EverydayHealth.com
“Why You Should Go Nuts for Nuts”
Link: <http://www.everydayhealth.com/diet-and-nutrition/0406/why-you-should-go-nuts-for-nuts.aspx#/slide-1>

Fisher Nuts (fishernuts.com)
“The Incredible Nut!” – Nutrition Information on Popular Nuts
Link: http://www.fishernuts.com/nuts-nutrition?gclid=CP71geyJkroCFctAMgod_TgAOA

Food Product Design (foodproductdesign.com)
“Cracking the Health Benefits of Nuts”
Link: <http://www.foodproductdesign.com/articles/2009/07/cracking-the-health-benefits-of-nuts.aspx>

Health.com
“Best and Worst Nuts for Your Health”
Link: <http://www.health.com/health/gallery/0,,20585485,00.html>

HealthCastle.com “Health Benefits of Nuts”
Link: <http://www.healthcastle.com/nuts-benefits.shtml>

The Huffington Post (huffingtonpost.com)
“Healthy Nuts: Health Benefits For Almonds, Walnuts, Cashews, Peanuts And More”
Link: http://www.huffingtonpost.com/2013/05/06/healthy-nuts-health-benefits-cashews-walnuts-peanuts-almonds_n_3187731.html

“Best And Worst Nuts For Your Health”
Link: http://www.huffingtonpost.com/2012/04/29/best-worst-nuts-health_n_1455755.html#s907629&title=Best_Nuts_For

MSN Healthy Living (healthyliving.msn.com)
“The Best and Worst Nuts for Your Health”
Link: <http://healthyliving.msn.com/health-wellness/the-best-and-worst-nuts-for-your-health-1>

Mayo Clinic (mayoclinic.com)
“Nuts and your heart: Eating nuts for heart health”
Link: <http://www.mayoclinic.com/health/nuts/HB00085>

MedicineNet.com
“Go Nuts on Your Diet!”
Link: <http://www.medicinenet.com/script/main/art.asp?articlekey=56560>

Men’s Journal (mensjournal.com)
“The Healthy Nuts”
Link: <http://www.mensjournal.com/expert-advice/the-healthy-nuts-20130128>

Nuts for Life (nutsforlife.com.au)
“Nuts Images”
Link: http://www.nutsforlife.com.au/?option=com_content&task=view&id=255&Itemid=134

One Green Planet (onegreenplanet.org)
“5 Health Benefits of Nuts”
Link: <http://www.onegreenplanet.org/vegan-health/5-health-benefits-of-nuts/>



Resources continued

Shape.com

“The Five Healthiest Nuts”

Link: <http://www.shape.com/healthy-eating/diet-tips/five-healthiest-nuts>

“The Surprising New Health Benefits of Nuts”

Link: <http://www.shape.com/blogs/weight-loss-coach/surprising-new-health-benefits-nuts>

WebMD (webmd.com)

“Go Nuts on Your Diet!”

Link: <http://www.webmd.com/diet/features/go-nuts-your-diet>

“The New Low-Cholesterol Diet: Nuts”

Link: <http://www.webmd.com/cholesterol-management/features/nuts-help-lower-bad-cholesterol>

Whole Foods Market (wholefoodsmarket.com)

“Nuts & Seeds”

Link: <http://www.wholefoodsmarket.com/recipes/food-guides/nuts-seeds>

The World’s Healthiest Foods (whfoods.com)

“Almonds”

Link: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=20>

Additional Ideas

1. Add healthy nut information and recipes to a “Healthy Recipe Book”.
2. Provide healthy nuts in bulk form, along with small serving cups, for workday snacks.
3. Have a food expert talk on the health benefits of nuts and share samples of healthy nuts.
4. Provide a price list of nuts available at local food stores. Also provide pricing per 1 oz. serving.
5. Make sure that there is no one in the workplace that suffers from nut allergies, before beginning the activity.

One-Day Challenges

1. “Know Your Nuts Challenge” – focus on one healthy nut. Share nutritional information and a sample.
2. “Nutty Recipes Challenge” – share recipes and samples that include healthy nuts.
3. “Blind Nut Challenge” – provide healthy nuts for a blind taste test. See who knows their (they’re?) nuts!
4. “Blind Taste Challenge” – hold a blind taste test and see which healthy nuts are voted the best tasting.
5. “Guess the Serving Size Challenge” – put various serving sizes (1/2 to 3 oz.), of various healthy nuts, out on display and have people guess which serving sizes represent a “1” ounce serving.

Quotes

1. *“I like almonds as a snack - keeps your energy up but doesn't fill you up.”* – Ina Garten, American Author, Host of the Food Network Program, *Barefoot Contessa*
2. *“A diet is the penalty we pay for exceeding the feed limit.”* – Author Unknown



Quotes continued

3. *"I always leave a box of unsalted almonds in my house. A handful of those are a good snack that should keep you satisfied."* – Jenna Ushkowitz, Broadway Performer and Actress on the TV Show, *Glee*
4. *"I snack on fruit and nuts. In the middle of my long workouts, I'll have a protein shake."* – Lindsey Vonn, U.S. Alpine Ski Racer
5. *"The more easily digestible and refined the carbohydrates, the greater the effect on our health, weight and well-being."* – Andrew Weil, Leading Teacher and Writer on Holistic Health
6. *"We know that there are significant health benefits from consuming more fruits and vegetables, and that's an opportunity for us to sort of move away from some of the meals that we've been preparing in the past."* – Tom Vilsack, American Politician, U.S. Secretary of Agriculture since 2009
7. *"Gut health is the key to overall health."* – Kris Carr, Wellness Activist and Cancer Survivor
8. *"Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet."* – Albert Einstein, German-born Physicist Who Developed the General Theory of Relativity
9. *"If you're concerned about your health, you should probably avoid products that make health claims. Why? Because a health claim on a food product is a strong indication it's not really food, and food is what you want to eat"* – Michael Pollan, Author of *In Defense of Food: An Eater's Manifesto*
10. *"It is easier to change a man's religion than to change his diet."* – Margaret Mead, American Cultural Anthropologist
11. *"Eating crappy food isn't a reward – it's a punishment."* – Drew Carey, American Actor and Comedian
12. *"Sorry, there's no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story."* – Morgan Spurlock, Author of *Don't Eat This Book: Fast Food and the Supersizing of America*
13. *"I don't understand why asking people to eat a well-balanced, vegetarian diet is considered drastic, while it is medically conservative to cut people open."* – Dean Ornish, Physician and Founder of the Preventive Medicine Research Institute
14. *"Live out of your imagination, not your history."* – Stephen Covey, Author of *The Seven Habits of Highly Effective People*
15. *"I am not a product of my circumstances. I am a product of my decisions."* – Stephen Covey, Author of *The Seven Habits of Highly Effective People*
16. *"When you're green inside, you're clean inside."* – Bernard Jensen, D.C. Ph.D., Nutrition Expert, Author and Lecturer
17. *"Health nuts are going to feel stupid someday, lying in hospitals dying of nothing."* – Redd Foxx, American Actor and Comedian
18. *"Take care of your body. It's the only place you have to live."* – Jim Rohn, Motivational Author and Speaker
19. *"Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything."* – Thich Nhat Hanh, Vietnamese Zen Buddhist Monk, Teacher, Author, Poet and Peace Activist.
20. *"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."* – World Health Organization, 1948
21. *"In order to change we must be sick and tired of being sick and tired."* – Author Unknown



Quotes continued

22. *"One cannot think well, love well, sleep well, if one has not dined well."* – Virginia Woolf, Popular 20th Century British Writer
23. *"Tell me what you eat, and I will tell you who you are."* – Jean Anthelme Brillat-Savarin, 1755-1826, French Author of *The Physiology of Taste*
24. *"Let food be thy medicine, thy medicine shall be thy food."* – Hippocrates, the Father of Medicine, 460-370 BC
25. *"The more you eat, the less flavor; the less you eat, the more flavor."* – Chinese Proverb
26. *"The spirit cannot endure the body when overfed, but, if underfed, the body cannot endure the spirit."* – St. Frances de Sales
27. *"One should eat to live, not live to eat"* – Benjamin Franklin, a Founding Father of the United States, Leading Author, Printer, Inventor, Scientist and Thinker
28. *"When walking, walk. When eating, eat."* – Zen Proverb
29. Warning Sign: *"KEEP CALM and IGNORE JUNK FOOD"* – Author Unknown
30. *Those who think they have no time for healthy eating, will sooner or later have to find time for illness."* – Author Unknown

Health Facts

From: Mayo Clinic

"Nuts and your heart: Eating nuts for heart health"

Link: <http://www.mayoclinic.com/health/nuts/HB00085>

By Mayo Clinic staff, February 4, 2011

Nuts and your heart: Eating nuts for heart health

Eating nuts helps your heart. Discover how walnuts, almonds and other nuts help lower your cholesterol when eaten as part of a balanced diet.

Eating nuts as part of a healthy diet can be good for your heart. Nuts, which contain unsaturated fatty acids and other nutrients, are a great snack food, too. They're inexpensive, easy to store and easy to take with you to work or school.

The type of nut you eat isn't that important, although some nuts have more heart-healthy nutrients and fats than do others. Walnuts, almonds, hazelnuts — you name it — almost every type of nut has a lot of nutrition packed into a tiny package. If you have heart disease, eating nuts instead of a less healthy snack can help you more easily follow a heart-healthy diet.

Can eating nuts help your heart?

People who eat nuts as part of a heart-healthy diet can lower the LDL, low-density lipoprotein or "bad," cholesterol level in their blood. High LDL is one of the primary causes of heart disease.

Eating nuts reduces your risk of developing blood clots that can cause a fatal heart attack. Nuts also improve the health of the lining of your arteries. The evidence for the heart-healthy benefits of nuts isn't rock solid — the Food and Drug Administration only allows food companies to say evidence "suggests but does not prove" that eating nuts reduces heart disease risk.



Health Facts *continued*

What's in nuts that's thought to be heart healthy?

Although it varies by nut, most nuts contain at least some of these heart-healthy substances:

- *Unsaturated fats. It's not entirely clear why, but it's thought that the "good" fats in nuts — both monounsaturated and polyunsaturated fats — lower bad cholesterol levels.*
- *Omega-3 fatty acids. Many nuts are also rich in omega-3 fatty acids. Omega-3s are a healthy form of fatty acids that seem to help your heart by, among other things, preventing dangerous heart rhythms that can lead to heart attacks. Omega-3 fatty acids are also found in many kinds of fish, but nuts are one of the best plant-based sources of omega-3 fatty acids.*
- *Fiber. All nuts contain fiber, which helps lower your cholesterol. Fiber also makes you feel full, so you eat less. Fiber is also thought to play a role in preventing diabetes.*
- *Vitamin E. Vitamin E may help stop the development of plaques in your arteries, which can narrow them. Plaque development in your arteries can lead to chest pain, coronary artery disease or a heart attack.*
- *Plant sterols. Some nuts contain plant sterols, a substance that can help lower your cholesterol. Plant sterols are often added to products like margarine and orange juice for additional health benefits, but sterols occur naturally in nuts.*
- *L-arginine. Nuts are also a source of l-arginine, which is a substance that may help improve the health of your artery walls by making them more flexible and less prone to blood clots that can block blood flow.*

What amount of nuts is considered healthy?

Nuts contain a lot of fat; as much as 80 percent of a nut is fat. Even though most of this fat is healthy fat, it's still a lot of calories. That's why you should eat nuts in moderation. Ideally, you should use nuts as a substitute for saturated fats, such as those found in meats, eggs and dairy products.

Instead of eating unhealthy saturated fats, try substituting a handful of nuts. According to the Food and Drug Administration, eating about a handful (1.5 ounces, or 42.5 grams) a day of most nuts, such as almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachio nuts and walnuts, may reduce your risk of heart disease. But again, do this as part of a heart-healthy diet. Just eating nuts and not cutting back on saturated fats found in many dairy and meat products won't do your heart any good.

Does it matter what kind of nuts you eat?

Possibly. Most nuts appear to be generally healthy, though some more so than others. Walnuts are one of the best-studied nuts, and it's been shown they contain high amounts of omega-3 fatty acids. Almonds, macadamia nuts, hazelnuts and pecans are other nuts that appear to be quite heart healthy. Even peanuts — which are technically not a nut, but a legume, like beans — seem to be relatively healthy. Coconut, which is technically a fruit, may be considered by some to be a nut, but it doesn't seem to have heart-healthy benefits. Both coconut meat and oil don't have the benefits of the mono- and polyunsaturated fats.

Keep in mind, you could end up canceling out the heart-healthy benefits of nuts if they're covered with chocolate, sugar or salt.

Here's some nutrition information on common types of nuts. All calorie and fat content measurements are for 1 ounce, or 28.4 grams (g), of unsalted nuts.



Type of nut	Calories	Total fat <i>(saturated/unsaturated fat)*</i>
<i>Almonds, raw</i>	163	14 g (1.1 g/12.2 g)
<i>Almonds, dry roasted</i>	169	15 g (1.1 g/12.9 g)
<i>Brazil nuts, raw</i>	186	19 g (4.3 g/12.8 g)
<i>Cashews, dry roasted</i>	163	13.1 g (2.6 g/10 g)
<i>Chestnuts, roasted</i>	69	0.6 g (0.1 g/0.5 g)
<i>Hazelnuts (filberts), raw</i>	178	17 g (1.3 g/15.2 g)
<i>Hazelnuts (filberts), dry roasted</i>	183	17.7 g (1.3 g/15.6 g)
<i>Macadamia nuts, raw</i>	204	21.5 g (3.4 g/17.1 g)
<i>Macadamia nuts, dry roasted</i>	204	21.6 g (3.4 g/17.2 g)
<i>Peanuts, dry roasted</i>	166	14 g (2g/11.4 g)
<i>Pecans, dry roasted</i>	201	21 g (1.8 g/18.3 g)
<i>Pistachios, dry roasted</i>	161	12.7 g (1.6 g/10.5 g)
<i>Walnuts, halved</i>	185	18.5 g (1.7 g/15.9 g)

**The saturated and unsaturated fat contents in each nut may not add up to the total fat content because the fat value may also include some nonfatty acid material, such as sugars or phosphates.*

How about nut oils? Are they healthy, too?

Nut oils are a good source of omega-3 fatty acids and vitamin E, but they lack the fiber found in whole nuts. Walnut oil is the highest in omega-3s. Nut oils contain saturated as well as unsaturated fats. Consider using nut oils in homemade salad dressing or in cooking. When cooking with nut oils, remember that they respond differently to heat than do vegetable oils. Nut oil, if overheated, can become bitter. Just like with nuts, use nut oil in moderation, as the oils are high in fat and calories.



Go Nuts!

Individual Scorecard

Month / Year	First Name														M.I.	Last Name																
/																																
Day of the Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
Points Earned																																
Rate Your Day																																

Earn 3 points for eating 1 to 2 ounces of nuts each day.

At the end of each day, rate your day from 1 (worst) to 5 (best). Do you see a relationship between eating healthy nuts for a snack and your daily rating?

Before the activity, how often did you eat a serving of nuts?

___ Almost everyday ___ Few times per week ___ Few times per month ___ Very rarely ___ Never

Beginning weight _____ Beginning waist circumference _____

Ending weight _____ Ending waist circumference _____

Change in weight _____ Change in waist circumference _____

Group Name: _____

Month/Year: ____ / ____

GO NUTS!

Group Scoreboard

#	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
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Totals

Enter "3" points each day that you eat 1 to 2 ounces of nuts.



Go Nuts!

Certificate of Achievement

Awarded to:

for

GOLD LEVEL

Performance

____ / ____
Month Year

Points Earned



Go Nuts!

Certificate of Achievement

Awarded to:

for

SILVER LEVEL

Performance

____ / ____

Month

Year

Points Earned



Go Nuts!

Certificate of Achievement

Awarded to:

for

BRONZE LEVEL
Performance

____ / ____
Month Year

Points Earned



ACTIVITY SURVEY

Activity Name: _____

Final Day of Activity (MM/DD/YYYY): _____ / _____ / _____

Please rate the statements below by circling the number that best represents your experience.

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neither Agree or Disagree
- 4 – Agree
- 5 – Strongly Agree

- | | | | | | | |
|----|--|---|---|---|---|---|
| 1. | I enjoyed this activity. | 1 | 2 | 3 | 4 | 5 |
| 2. | It increased my happiness. | 1 | 2 | 3 | 4 | 5 |
| 3. | It improved my health. | 1 | 2 | 3 | 4 | 5 |
| 4. | It improved my energy level. | 1 | 2 | 3 | 4 | 5 |
| 5. | It reduced my stress level. | 1 | 2 | 3 | 4 | 5 |
| 6. | I learned something valuable about my health and wellbeing from this activity. | 1 | 2 | 3 | 4 | 5 |
| 7. | I plan to make personal lifestyle changes because of this activity. | 1 | 2 | 3 | 4 | 5 |
| 8. | I would like to do this again. | 1 | 2 | 3 | 4 | 5 |
| 9. | The activity improved morale in the workplace. | 1 | 2 | 3 | 4 | 5 |

Please use the back of this page to add comments about your experience.