



Stahmann Farms



MACADAMIA FACTS

Although native to Australia, the Macadamia nut was first commercialised in Hawaii in 1948. Australian growers, however, now produce some 40% of the world's kernel.

Global production of Macadamias for 2004 was 21,850 tonnes of kernel, with Australia and Hawaii between them producing a full two thirds of this total and the remainder being grown in China, Africa and Central America. Macadamias remain quite a specialty in the context of the overall nut market, contributing only 2% of total world nut sales.

Just as Pecans were a staple food of the North American native peoples, so Macadamias were relished by Australian

aborigines for centuries before their discovery by Europeans. In the 1850's these luxuriant green trees came to the notice of British botanist Ferdinand Von Mueller and Walter Hill, Director of the Botanical Gardens in Brisbane.

The genus Macadamia (named after Dr John McAdam, a prominent scientist of that time) contains two prominent species, the smooth-shelled *integrifolia* and the rough-shelled *tetraphylla*. It is the former which has formed the basis of the modern commercial industry.

The Macadamia nut is the only Australian native plant which constitutes a commercial horticultural crop. Whilst few are now found in the wild, Macadamia trees are cultivated from

Nambucca heads in New South Wales to the Atherton Tablelands in northern Queensland.

Macadamia trees grow slowly to heights of 12 to 15 metres. They have shiny dark green leaves, and bear sprays (racemes) of long, delicate, sweet-smelling white or pink blossoms. Each spray of 40 - 50 flowers produces from four to fifteen 'nutlets' which will eventually ripen into nuts.

The nuts themselves grow encased in a hard, woody shell, which is protected by a green-brown fibrous husk. In its natural state a Macadamia tree will have flowers, nutlets and mature nuts growing simultaneously, in profusion for much of the year. The nuts fall to the ground between March and September each year and are harvested by pin wheel harvesters at regular intervals.

For more information, please visit the following source:

www.macadamias.org

The Australian Macadamia Society is the peak body representing the Australian Macadamia industry. It is a body of approximately 800 Australian and 30 overseas members representing all facets of the macadamia industry in Australia.

References:

1. Nuts for Life. 2009 Nutrient Composition of Tree Nuts. Sydney: Nuts for Life; 2009.
2. Food Standards Code Australia New Zealand, Standard 1.1.1, Issue 115
3. Food Standards Australia New Zealand Proposal P293 Draft Nutrient, health and related claims consultation paper for first review March 2009 cited <http://www.foodstandards.gov.au/> June 2010
4. Garg ML, Blake RJ, Wills RB. Macadamia nut consumption lowers plasma total and LDL cholesterol levels in hypercholesterolemic men. *J Nutr.* 2003;133(4):1060-1063.





Macadamias are the quintessential Australian nut and the only native Australian bush food to enter into commercial food production.

Good Fats

Macadamias have the highest content of healthy monounsaturated fat¹ (the same fat as found in olive oil). Like other plant foods, they also contain no cholesterol.

Rich in Manganese

A little known mineral which is an essential element involved in bone formation as well as the breakdown of carbohydrate, cholesterol and amino acids. Manganese is also required for several antioxidant enzyme systems. A handful of macadamias provides nearly 25% of your Estimated Safe and Adequate Daily Dietary Intakes (ESADDIs) for manganese.^{1&2}

Natural Dietary Fibre

Fibre helps to keep you regular and maintain a healthy bowel function.³ Macadamias contain just over 2g of fibre per 30g serve¹, which is similar to a slice of wholemeal bread.

Excellent source of Thiamin

Also known as vitamin B1, this water soluble vitamin is particularly important for the production of energy from food.³ A handful of macadamias provides more than 30% of your Recommended Dietary Intake (RDI) of thiamin.^{1&2}

Plant sterols

Macadamias contain natural plant sterols (Phytosterols). Plant Sterols can help to reduce cholesterol reabsorption when consumed as part of a healthy diet low in saturated fat.⁴

MACADAMIA NUTRITION INFORMATION

<i>Serving Size: 30g</i>	<i>Average Quantity per serving</i>	<i>Average Quantity per 100g</i>
Energy	924kj (221Cal)	3080kj (736Cal)
Protein	2.8g	9.2g
Fat, Total	22.2g	74.0g
- Saturated	3.0g	10.0g
- Trans	0.0g	0.0g
- Monounsaturated	17.9g	59.8g
- Polyunsaturated	1.1g	3.8g
- Omega 3	29.7mg	99mg
- Alpha-linolenic acid	29.7mg	99mg
Cholesterol	0.0mg	0.0mg
Carbohydrate	2.4g	7.9g
- Sugars	1.4g	4.6g
Dietary Fibre	1.9g	6.4g
Sodium	0.4mg	1.4mg
Thiamin	0.4mg	1.2mg
Manganese	1.2mg	4.1mg
Plant Sterols	34.8mg	116mg

