



# Duck Creek Macadamias Newsletter

## Happy New Year

We would like to take the time to wish you all a Happy New Year for 2009.

We here at Duck Creek Macadamias are back into the swing of things and are ready for your orders.

There have been a couple of new entrants to the Duck Creek Family. Firstly, Rob McInnes our new General Manager and Pippa Allen in the Head Office for customer service and enquires.

We have a great product line and a new price list for 2009. If you do not have an updated price list please let us know and we will get one to you.

### Are macadamias fattening?

Some people fear that nuts may be fattening because of their oil content. They make our food tasty and promote satiety.

A dietary trial at Harvard University compared a low fat, low calorie diet with a low calorie diet containing ample fat from nuts and olive oil. Over 12 months both groups lost an average of 4.5 kgs with the diet containing nuts more successful in keeping weight off after a further 6 months and the participants showed no change in blood pressure. The summary concluded that healthy fats can be part of a weight loss program as long as total calories are controlled.

## Special Offer



For a very limited time buy your Macadamia Oil 375ml Bottle at \$8.80 or bulk buy 12 bottles at \$5.85per bottle Wholesale. Available in larger quantities upon request.

### Australian Macadamia Oil: Per 100g

- Energy: 3436Kj
- Protein: Trace Fat (Natural Oils): 100g
- Monosaturates: 80.5g
- Polyunsaturates: 2.5g
- Saturated: 16.6g
- Carbohydrates (total): Nil
- Sugars: Nil
- Cholesterol: Nil
- Sodium: Trace
- Potassium: Nil

**Massage Oil:** Macadamia oil as a massage oil has great emollient properties and for this reason is good to include in a base massage oil blend.

**Skin:** In aged skins, where sebum production has reduced, Macadamia oil can be of great benefit.

**Hair:** Oil can be rubbed through for more defined lustrous shiny hair. With no oily residue.

## Did You Know...

### Summary of Health Benefits

- Research\* has shown that macadamias can help lower blood cholesterol levels
  - Research\* has shown that macadamias may reduce the incidence of heart disease
  - High in fibre
  - Very high proportion of monounsaturated fat
  - No cholesterol
  - Contain vitamins, minerals and protein essential in a healthy diet.
- AND THEY TASTE GREAT**

### It's official - Macadamias are a BRAIN BOOSTER!

Lola Berry has a Bachelor of Science Health, majoring in Nutritional medicine (BSHc NutMed) from the Australian College of Natural Medicine.

[Click here](#) to hear Lola talk about the fabulous brain boosting qualities of our very own Australian Macadamia.

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