



N u t s f o r L i f e F r e e W o r k s h o p

Presenter

Lisa Yates is an Advanced Accredited Practicing Dietitian with 14 years experience in nutrition communications and clinical practice. For the last five years Lisa has been the Program Manager of the Nuts for Life – a health education initiative of the Australian Tree Nut industry.

Purpose of the workshop

To dispel some of the myths about nuts and provide you with the answers to commonly asked questions. You should walk away knowing that you can respond to any curly queries confidently and help advocate and change any misconceptions about nuts.

Who should attend?

Anyone involved in the macadamia industry including marketers, sales, consumer services, retailers who regularly communicate with customers and consumers.

Some commonly asked questions

- Aren't nuts fattening?
- How do nuts reduce the risk of heart disease and lower blood cholesterol?
- Are nuts good for diabetics?
- How many nuts do you need to eat?
- Is one nut better than all the others?
- Is there is difference between raw and roasted nuts?
- Are peanuts more allergenic than tree nuts?

Where & When?

Tuesday 9 March

2 – 4pm

NSW Centre for Tropical Horticulture

494 Bruxner Highway

Alstonville NSW

Thursday 11 March

2 – 4pm

Suncoast Gold Training Room

Gympie Industrial Estate

Drummond Drive

Gympie QLD

Friday 12 March

2 – 4pm

Training Room 3

Bundaberg Enterprise Centre

cnr Quay & Tantitha Streets

Bundaberg QLD

RSVP

26 February 2010

Sarah Jane Hall – The Australian Macadamia Society

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