



PRESS RELEASE

Spring from “I love fruit and veg from Europe” to make your wellbeing flourish: walnuts, hazelnuts, almonds and pistachios to fight stress and make beauty treatments at home.

Nuts enliven your dishes, help you to find more energy, can help quit smoking and make you more beautiful!



Walnuts, hazelnuts, almonds, cashews, pine nuts, pistachios and dried figs help fight fatigue, lend themselves to many recipes and can be used to create beauty treatments at home. From the preparation of **ground nut coatings** such as those made in fancy restaurants to **creams, masks and moisturizing oils**, as well as **healthy snacks** recommended not only for athletes, but also for dieters and children to be eaten instead of processed snacks.

The **“I love fruit and veg from Europe”** project, co-financed by the European Union, which promotes the consumption of fruit and vegetables, makes wellbeing flourish in spring with **dried fruit and nuts** providing ready-to-use energy. Thanks to their nutrients they are a **valid ally for pregnant women** and can even **help to quit smoking**, munching nuts if necessary, removing the desire for a cigarette, but obviously without overdoing it. Furthermore, being rich in vitamin E, they help to **improve blood circulation**.



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Science shows that bad moods, fatigue, anxiety and stress are often linked to poor nutrition as well as psychological factors. The **awakening of spring brings light, colours and many products from the earth**. Your mind and body are also rekindled and need energy-giving foods; **fruits and vegetables can come to the rescue**, because they can be **anti-stress remedies** in everyday life, thanks to the nutrients they contain and for their high digestibility. So it's a **green light for the consumption of nuts**. Just as an example, one of the main minerals to be supplemented to recharge your body is **magnesium**, contained in large quantities in dried figs, walnuts and almonds. Furthermore, nuts are rich in antioxidants, nutrients, and polyphenols; they contain vitamins B1, B2 and B6, potassium, phosphorus, calcium and are a source of omega 3 and linoleic acid, which recharge the body, promoting a good mood.

When cooking, why not get creative with a **delicious and unique ground nut coating**. Crumbled walnuts, almonds and cashews are ideal for **coating tuna steaks and red meat fillets**. Or experiment with a **veal Milanese** using a lighter coating with walnuts, almonds and hazelnuts or a tastier alternative adding pistachios. And nuts can enliven salads and fruit salads, giving that pleasantly crunchy note.

As a **snack**, a 30/40 g portion is recommended.



You can also prepare **natural beauty treatments** with nuts such as a walnut mask to moisturize dry skin. Just chop 6 walnuts, mix them with 3 tablespoons of cream and leave to macerate for 4 hours.

Then add a spoonful of honey and mix. Put the mixture on cotton gauze and apply to your face. Leave on for 30 minutes and then rinse with warm water. The result will be surprising: softer, smoother and more luminous skin.



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