

INC NREF: 30th Anniversary Update



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International Tree Nut Council

Nutrition Research & Education Foundation

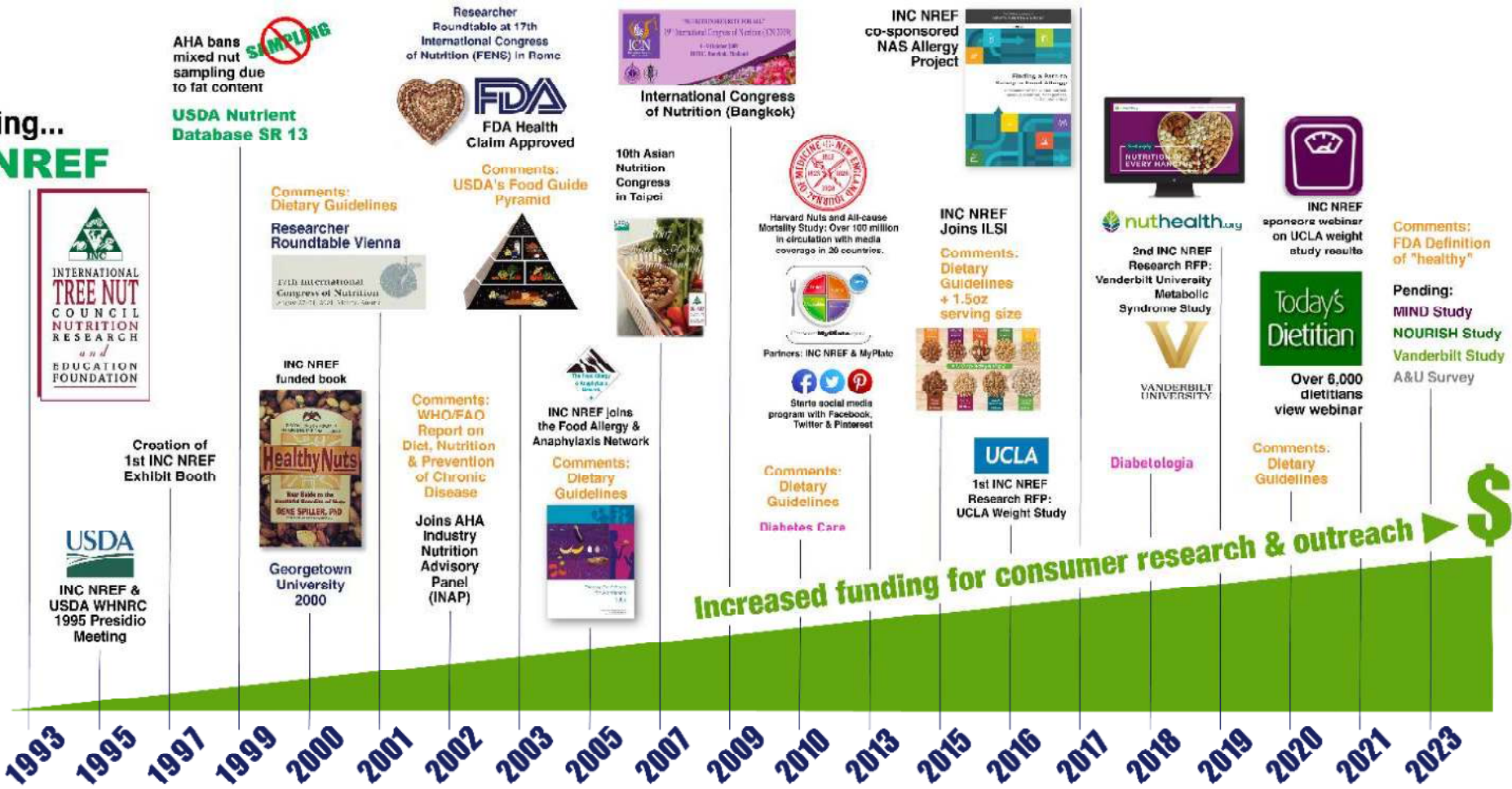
HISTORY OF INC NREF

In the Beginning... INC NREF

Don Soetaert
Rick Vidgen

~~NUTS~~
are bad
for you!

DATELINE



INC NREF Research

25 Published Studies to Date:

- ❑ All-cause mortality – 1 epidemiologic study
- ❑ Cancer – 4 epidemiologic studies
- ❑ Composition – 2 reviews, 1 epidemiologic study
- ❑ CVD – 2 epidemiologic studies, 2 meta-analyses
- ❑ Diabetes – 3 clinical studies, 1 meta-analysis
- ❑ Diet Quality – 2 epidemiologic studies
- ❑ Gut Microbiome – 1 clinical study
- ❑ Metabolic Syndrome – 2 epidemiologic studies,
1 meta-analysis
- ❑ Qualified Health Claim Language – 1 review
- ❑ Weight – 2 clinical studies



INC NREF-Funded Research



The MIND Study

- ❑ “Mediterranean-DASH Intervention for Neurodegenerative Delay” (MIND) diet/study is looking at the role of diet to prevent dementia in older people.
- ❑ 2 sites: Harvard and Rush University in Chicago
- ❑ Primary aim: test the effects of the MIND diet + mild weight loss diet versus the usual diet + mild weight loss on cognitive decline.

NOURISH Study

- ❑ The Nutrition Effects on Brain Outcomes and Recovery In Stroke after Hospitalization (NOURISH) study is a 2-3 year randomized control trial
- ❑ 500 participants aged 60-80, discharged home after an acute ischemic stroke
- ❑ Looking at the effects of the MIND diet versus usual post-stroke care on cognitive decline and brain biomarkers of Alzheimer's disease and vascular disease



Nuts and Metabolic Syndrome

- ❑ “Tree Nut Consumption to Reduce Abdominal Adiposity and Risk for Metabolic Syndrome in Millennials (ages 27-42).”
- ❑ Heidi Silver, RD, MS, PhD, Vanderbilt University in TN
- ❑ 112 subjects; 16-week randomized controlled trial (2-3 oz/day of tree nuts versus a high carb snack)
- ❑ 2-3 year study

MIND Breast Cancer Study



Protecting the brain from toxic side effects of cancer therapy

A pilot study of a MIND diet intervention in women undergoing active treatment for breast cancer

PI: Tonya Orchard, PhD, MS, RDN

MIND Breast Cancer Study

- ❑ Cancer and cancer treatments can affect memory and cognitive function: *Cancer Related Cognitive Impairment (CRCI)*
- ❑ Up to 75% of breast cancer (BC) survivors have CRCI and it can continue long-term in ~30% of BC survivors



MIND Breast Cancer Study

Expected Outcomes:

- ❑ Reduced inflammation
- ❑ Improved insulin sensitivity
- ❑ Preservation of cognitive function



A&U Survey Findings

- ❑ Given that **snackability** and **taste** are top purchase drivers, highlight these attributes to increase overall consumption and purchase.
- ❑ Prioritize messaging around the value of tree nuts (given their price), **health benefits** and versatility of use.



A&U Survey Findings

- ❑ **Leverage doctors, dietitians and other health care professionals to share information about tree nuts, as they're the most trusted sources especially when it comes to nutrition.**
- ❑ **Gen Z (8-26 yrs) and Millennials (27-42 yrs) offer the greatest opportunity to increase tree nut consumption. Messaging should highlight value and teach about the ways to incorporate tree nuts into meals.**



A&U Survey Findings

TOP HEALTH CONCERNS:

Gen Z

- Mental health/wellbeing
- Overweight/obesity
- Diabetes

Millennials

- Mental health/wellbeing
- Overweight/obesity
- High blood pressure



A&U Survey Findings

TOP HEALTH GOALS:

Gen Z

- Eat healthier
- Improve sleep quality

Millennials

- Eat healthier
- Lose weight
- Improve overall wellbeing
- Improve heart health



A&U Survey Findings

BIGGEST TREE NUT CONSUMPTION BARRIERS:

Gen Z

- They're too expensive—26%**
- Don't know how to incorporate them into meals—17%**

Millennials

- They're too expensive—35%**
- Don't know how to incorporate them into meals—13%**



Go nuts everyday

NUTRITION IN EVERY HANDFUL



Thank you!

