



Duck Creek Macadamias – the healthy substitute!

The Australian Government's latest efforts to tackle obesity were launched this month with the *Swap It, Don't Stop It* campaign.

Its key mission is to Swap It, Don't Stop It – telling people they don't have to give up on the things they love but encouraging small and achievable lifestyle changes in a few simple ways; one being to cut down on junk food and swap it for a healthier snack.

Award-winning Duck Creek Macadamias are supporting this initiative by encouraging people to substitute unhealthy snacks with macadamia nuts. "Along with boasting a delicious taste, the 'queen of the nut' is an essential part of a healthy diet," said Duck Creek Macadamias' manager Alison Campbell.

"This high-energy food contains the most mono-unsaturated (the good fat) of any nut or legume or any other food available and is cholesterol free." Macadamias are full of nutrients such as protein and dietary fibre which help you feel fuller for longer, curbing the urge to snack between meals. Along with the good fat, Macadamias contain antioxidants and plant sterols that all work together to help your ticker stay in top shape.

All macadamia nuts used in Duck Creek's gourmet products are grown on their own plantations scattered across the sub tropical hinterland surrounding Byron Bay.

Duck Creek's savoury macadamia flavours include wasabi, mombassa BBQ, hot chilli, roasted garlic, abalone, natural and honey roasted.

In 2007-2008 the proportion of overweight or obese Australians increased to 61% and there is no sign that this is slowing down.

Swap your lollies for Duck Creek Macadamias today and be full of wellbeing!

