

## Eat more cashews! “A cashew a day, keeps the doctor away”

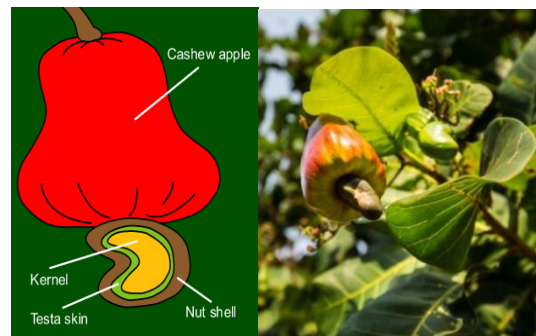
Cashew kernels, popularly known as cashew nuts, are white kernels in a kidney shaped shell attached to the bottom of the cashew apple, the fruit of the cashew tree. Cashews are among the most nutritious and healthiest nuts: low in fat, zero cholesterol, high in protein with many important vitamins and minerals.

### Nutritional Facts & Health Benefits of Cashew Nuts

- 🌰 Research conducted by the Madras Diabetes Research Centre in October 2015 found that taking 30 grams of cashew kernels per day over a three-month period can increase good cholesterol levels. This can help reduce the risk of heart disease.
- 🌰 They contain less fat than most snack nuts, including groundnuts, almonds and pecans. The fats in cashew are heart-healthy monounsaturated fat. Though high in calories, cashew nuts are high in energy and dietary fiber, which is good for managing weight gain.
- 🌰 Cashew nuts are high in copper which promotes several physiological processes such as iron utilization and the elimination of free radicals, development of bone and connective tissue, the production of the skin and hair pigment melanin as well as vitamin E which prevent skin aging and tissue damage.
- 🌰 Cashews are a great source of protein and are essential for vegetarians and vegans (<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=98>)



*Cashew nut dishes (West African cuisine).  
Source: ComCashew*



*Cashew apple with raw cashew nut. Source: ComCashew*

- 🌰 Cashews contain a high amount of vital minerals such as phosphorous, which builds bones and teeth, magnesium which promotes energy release and bone growth.
- 🌰 Cashew nut is a good source of iron, essential for the formation of hemoglobin, an important component of red blood cells that transports oxygen from the lungs throughout the body. This is especially vital for pregnant women for blood production to nourish the fetus and also to help stave off fatigue. Consuming cashews regularly and in moderate servings can prevent type-2 diabetes as the nut can help stabilize blood sugar levels in diabetics and reduce high cholesterol.
- 🌰 Cashews are a great source of protein and serve as food supplements for vegetarians (<http://www.africancashewalliance.com/en/about-cashew/cashew-and-health>)
- 🌰 Research showed that taking cashews instead of prescription drug can reduce depression in some people because of the high level of tryptophan in cashews, an active substance used in drugs against sleeping disorders and

### Competitive Cashew initiative

P. O. Box KIA 9698 32, Nortei Ababio Street  
Airport Residential Area - Accra, GHANA  
Tel: + 233 302 77 41 62 / + 233 302 77 13 63  
email: [cashew@giz.de](mailto:cashew@giz.de)  
Web: [www.comcashew.org](http://www.comcashew.org)

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depressions (Lucinda Bevan MD; Brain Nutrition).

Nutritional Value per 100g (3.5oz) of unroasted / plain Cashew Nuts		
Nutrient	Nutrient Value	Percentage RDA
Energy	553Kcal	28
Carbohydrates	30.19g	23
Proteins	18.22g	32.5
Total fat	43.85g	146
Cholesterol	0	0
Dietary fibre	3.3g	8.5
<b>Vitamins</b>		
Vitamin A	0	0
Vitamin C	0.5mg	1
Vitamin E	5.31mg	35
Vitamin K	9.1ug	3
<b>Electrolytes</b>		
Sodium	12mg	1
Potassium	660mg	14
<b>Minerals</b>		
Calcium	37mg	4
Copper	2.195mg	244
Iron	6.68mg	83.5
Magnesium	292mg	73
Manganese	1.655mg	72
Phosphorus	593mg	85
Selenium	19.9mg	36
Zinc	5.78mg	52.5

%RDA=percentage of Recommended Daily Allowance  
Source: USDA national nutrition database, 2014

### Nutritional Facts & Health Benefits of Cashew Apples

- Cashew apples are an excellent source of Vitamin A, B and C, high in antioxidants and minerals. They contain 5x the vitamin C content of oranges, 12x the vitamin C content of pineapple, carries important antioxidants, iron, calcium and is rich in mineral salts. (Roméo CORMIER, September, 2008.)
- The trees leaves and bark kill bacteria and germs, dry secretions, increase the libido, and reduce fever, blood sugar, blood pressure and

and body temperature.

- Roots, stems, and fruits extracts are used in traditional medicine for the treatment of infectious, inflammatory and oxidative stress conditions (Sokeng et al., 2001, Chen and Chung 2000, Ojewole, 2004; Olajide et al., 2004; Olajide et al., 2013).  
<http://www.netjournals.org/pdf/AMPR/2015/3/15-024.pdf>
- In West Africa and South America the infusion of cashew leaves is used for the treatment of gastritis and diarrhea, mouth ulcers (Kudi et al., 1999; Akinpelu, 2001; Goncalves et al., 2005; Taylor, 2005).
- In Cuba and Brazil, cashew apple juice, without removal of tannin, is prescribed as a remedy for sore throat and chronic dysentery, an infection of the intestines resulting in severe diarrhea.  
[https://www.hort.purdue.edu/newcrop/morton/cashew\\_apple.html](https://www.hort.purdue.edu/newcrop/morton/cashew_apple.html)
- Contrary to widely accepted myth, studies have shown that eating cashew apples with milk or mixing the two is not toxic and would not cause any health problems (ADOU, M., et al, 2013). In fact, there is a popular Jamaican cashew apple juice recipe that combines cashew apple juice with condensed milk. There is no excuse to be deprived of the health benefits of the tasty and healthy cashew apple and the very nutritious cashew nuts.  
[www.jamaicans.com/cashew-fruit-juice-recipe](http://www.jamaicans.com/cashew-fruit-juice-recipe)

### Contact

Mary Adzanyo  
(Director, Private Sector Development)  
Mary.Adzanyo@giz.de P +226 61117441

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