

# Cashew Study

## Main Study Questions

This study was conducted to determine the effects of cashew nut consumption on risk factors of cardiovascular disease and to assess the usable energy content of a serving of cashew nuts for accurate food labeling.

## Motivation for Research

The beneficial effects of nuts on the risk factors of cardiovascular disease have been well documented in the scientific literature; however, most of the research has been done with almonds, walnuts, and pistachios. Studies with cashew nuts are lacking. We measured risk factors of cardiovascular disease in response to consumption of cashew nuts. Additionally, there are no data on the measured amount of energy provided by the consumption of cashew nuts. Traditional means of estimating the number of calories in tree nuts have overestimated the actual energy value by 5 to 21%; we aim to provide accurate caloric values for cashews.

This study was conducted from early January to late March 2016.

