



### **Time to crack activated nuts**

You may have heard whispers that soaking or 'activating' nuts powers up their health benefits. But does it?

Well, soaking nuts lowers their phytates. These compounds, found in all plants, get a bad rap because they bind to key nutrients such as iron and zinc, reducing their absorption and therefore possibly suppressing some of their health benefits.

But do we really need to bother? The answer is simple. If your diet is nutritious, balanced and varied enough to cover your vitamin requirements, nuts can stay on the menu just as they are.

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