

# AMAZING ALMONDS

From friends to family, as children or adults – we all hear about almonds being a healthy snack. But what could make generations of people around the world turn to almonds when looking for a source of good health? This World Health Day, let us take a closer look at almonds, and the host of benefits they bring to the table.

## WHAT MAKES THEM SO AMAZING?

A 30 GRAM SERVING OF ALMONDS PROVIDES

**170**  
calories

with hunger-fighting protein (6 g/oz)

**4**  
g/oz

filling dietary fiber

**13**  
g

of "good" unsaturated fats

**7.3**  
mg/oz

Vitamin E

**77**  
mg/oz

Magnesium

**200**  
mg/oz

Potassium



IN FACT, RESEARCHERS FOUND THAT



From a single serving (28g) of almonds, study participants absorbed just 129 calories, compared to 160 calories as previously estimated.



## WHY SHOULD YOU LOVE ALMONDS?

### KIDS LOVE ALMONDS

Almond consumption improved the Healthy Eating Index (HEI) scores of parents and children to 61.4, well above national averages of 57.4 for adults (31-50 years) and 54.9 for children (4-8 years).

### ALMONDS ARE HEART FELT

Researchers estimated that for every 30 grams increase of almonds consumed daily during the study, study participants' estimated 10-year coronary heart disease (CHD) risk score was reduced by 3.5%.

Eating four servings (1 ounce/serving) of nuts weekly is associated with 24% lower risk of fatal heart attacks, 22% lower risk of non-fatal heart attacks and 13% lower risk of diabetes.

### ALMONDS ARE WEIGHT WATCHERS

Compared to a diet with a muffin snack and despite no differences in body weight or total fat mass, the almond diet significantly reduced abdominal fat mass, waist circumference and leg fat mass.

Consuming 43 grams of dry-roasted, lightly salted almonds every day, reduced hunger and improved monounsaturated ("good") fat intake without increasing body weight.

### AND SOMETIMES, ALMONDS ARE JUST A GUT FEELING

Adding a moderate amount of almonds to the family diet improved overall diet quality and modulated intestinal microbiota composition, which may in turn, impact immunity, inflammation and general health.

 **california almonds**  
Almonds.In

### CITATIONS

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- Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.