



x23

## Almonds

Of all the things to love about almonds, this one should get your heart pumping: Just a handful of almonds a day may help you get more of the good nutrients your body needs while helping maintain a healthy weight and cholesterol levels!

A handful of almonds (one ounce, or about 23) is a tasty way to help crush cravings and keep energy levels up throughout the day. It's also easy to take on the go and goes well with lots of other foods.



## It's as easy as 1-2-3

Whole almonds for snacking are just the beginning.

Next time you head to the store, fill your cart with these essential forms and consider some easy preparations:

### WHOLE ALMONDS

Make your own trail mix or granola bars.

### SLIVERED ALMONDS

Add them to oatmeal or yogurt at breakfast.

### ALMOND MILK

Blend it into a fruit smoothie.

### ALMOND OIL

Whisk it into a vinaigrette and drizzle over a salad.

### ALMOND BUTTER

Whisk it with sesame oil and soy sauce to use as a dipping sauce for tofu satay.

### WANT RECIPES?

For the latest in quick and craveable recipes check out [AlmondBoard.com](http://AlmondBoard.com).



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## ALL ABOUT ALMONDS





# Nutrition in Numbers

Ounce for ounce, California Almonds are one of the most nutrient-rich tree nuts on earth: highest in protein, fiber, calcium, vitamin E, riboflavin and niacin.

## CALORIES

A one-ounce serving of almonds packs a lot of nutrients per calorie. It's an excellent source of vitamin E and magnesium, all for just **160 calories\***

## FAT

If you're looking for foods that contain "good" fats that can help to promote a healthy heart, you'll be happy to know that a serving of almonds contains **13 grams of unsaturated fat** and only one gram of saturated fat†

## FIBER & PROTEIN

Fiber and protein can help provide that satisfied feeling everyone wants after a meal or snack. Ounce for ounce, almonds contain more dietary **fiber (3.5 g)** and **protein (6 g)** than any other tree nut.

\*A recent study in the *American Journal of Clinical Nutrition* shows that when measuring digestibility, almonds provide 20% fewer calories than the label states. While almonds themselves have not changed, the study's method of measurement shows that a one-ounce serving of almonds provides 129 calories vs. the 160 calories on the Nutrition Facts Panel!

## Nutrition Facts

Serving Size 1 ounce (28g)  
or about 23 almonds

### Amount Per Serving

**Calories** 160 Calories from Fat 130

% Daily Value\*

**Total Fat** 14 g 22%

Saturated Fat 1 g 5%

Polyunsaturated Fat 3.5 g

Monounsaturated Fat 9 g

**Cholesterol** 0 mg 0%

**Sodium** 0 mg 0%

**Potassium** 200 mg 6%

**Total Carbohydrate** 6 g 2%

Dietary Fiber 3 g 12%

Sugars 1 g

**Protein** 6 g

Vitamin A 0% Vitamin C 0%

Calcium 8% Iron 6%

Vitamin E 35% Folate 2%

Magnesium 20% Phosphorus 15%

\*Percent daily values are based on a 2,000 calorie diet.

# Heart Smart

Almonds are cholesterol free and low in saturated fat, making them a deliciously tempting option for smarter meals and snacks. In fact, the U.S. Food and Drug Administration recognizes that almonds, as part of a diet low in fat and cholesterol, can maintain a healthy heart!

# Snacking for Success

Snacking can be a healthy habit and a nutritious part of your day. Whether you are striving to lose weight, manage blood sugar or simply get more natural nutrients, you can plan ahead to make smart choices. An ideal snack contains fiber, protein and healthy fats that act in unison to keep you satisfied between meals.

Almonds are an easy, tasty snack that delivers nutrition and crunch. A one-ounce handful can help satisfy hunger until the next meal.

Here are some ways to measure the perfect portion every time:



3" x 3" STICKY NOTE



1/4 MEASURING CUP



SHOT GLASS



HANDFUL

1. Novotny JA, Gebbuer SK, Baer DJ. Discrepancy between the Atwater factor predicted and empirically measured energy values of almonds in human diets. *Am J Clin Nutr*. 2012 Aug; 96(2):296-301.

†U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated.

‡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.

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