

WINTER 2021

NUTRITION BULLETIN

IN THE LATEST EDITION OF THE ALMOND BOARD NUTRITION BULLETIN:

Welcome to the Winter edition of the Nutrition Bulletin and Happy New Year from the team here at the Almond Board. We hope that despite the challenges we all faced in 2020 that each and every one of you were able to enjoy some well-deserved time off to recharge and reconnect with loved ones over the holiday season.

In this issue, we highlight new research from the PREDIMED study and share some new Almond Academy resources to support you in connecting with clients, patients and peers digitally. We also include a new handout on the topic of sustained energy to help with those dark, sluggish mornings. Whilst we're not able to meet in person, we have a number of virtual events coming up, so save the dates and join us from the comfort of your home! As ever, you'll also find a tasty & nutritious recipe to inspire you & an update from the orchard.

RESEARCH UPDATE

NUT CONSUMPTION & METABOLIC SYNDROME

As the New Year rolls around many of your clients and patients will be setting goals to lose weight or get healthier. Year after year we see new fad diet plans in the headlines, yet Registered Dietitians and Nutritionists still recommend the Mediterranean diet at number one. Almonds fit into the Mediterranean diet, which emphasises plant foods including nuts and is recommended by health authorities including the WHO. In the landmark PREDIMED study, cardiovascular disease in those following the Med Diet was lowered by approximately 30% compared to those in the control diet.

New research from the ongoing PREDIMED-Plus study has found that increased nut consumption as part of a Mediterranean diet significantly reduces markers of Metabolic Syndrome (MetS) including, waist circumference, blood triglyceride concentrations, systolic blood pressure and BMI. MetS refers to a cluster of metabolic complications of obesity including abdominal obesity (determined by increased waist circumference), elevated triglycerides, reduced HDL-cholesterol, elevated blood pressure, and elevated blood glucose.

The aim of this study was to determine if changes in nut consumption over a 1-year follow up are associated with changes in MetS symptoms in middle-aged and older Spanish adults with high cardiovascular disease risk.

This study includes those participants who completed a food questionnaire at the start of the study and at the 1-year follow-up time. People with extremely high or low energy intakes were excluded, which resulted in data analysed for 5,800 participants (3,005 men and 2,795 women, ages 55-75 years old). The participants were overweight or obese (BMI ≥ 27 and <40) and had MetS.

The nut consumption (including almonds) was validated by a food questionnaire conducted by dietitians and adherence to the Med Diet was confirmed. From baseline to the 1-year mark, MetS symptoms were assessed including waist circumference, HDL-cholesterol levels, triglyceride levels, fasting blood glucose, blood pressure (both systolic and diastolic), and excess body weight (both BMI and body weight).

The researchers then grouped the participants into three tertiles by determining increases in nut consumption during this time period. After 1 year, average nut consumption amounts for tertile 1, tertile 2, and tertile 3 were as follows (P < 0.001):

- **Tertile 1:** 18.4 ± 14.4 g/day of nuts
- **Tertile 2:** 24.6 ± 11.2 g/day of nuts
- **Tertile 3:** 44.7 ± 18.9 g/day of nuts

RESULTS:

- After the 1-year follow-up, the groups with the largest nut consumption (tertiles 2 and 3) had consistent calorie intake compared to baseline, which suggests increased nut consumption did not have a significant impact on overall calorie intake
- Significant increases in extra virgin olive oil consumption and adherence to the Med Diet were observed across the 3 tertiles
- When the three groups were compared to one another, the group that ate the most nuts (tertile 3) also increased consumption of extra virgin olive oil EVOO and improved adherence to the Mediterranean the most
- When assessing MetS features and weight change, with each tertile of increasing nut intake, waist circumference, blood triglyceride concentrations, systolic blood pressure and BMI decreased significantly (P<0.05)
- For women, HDL-cholesterol levels increased with each tertile of increasing nut intake (P= 0.044)
- When comparing the group that ate the most nuts (tertile 3) to the group that ate the least nuts (tertile 1), participants in tertile 3 had greater decreases in waist circumference (men only), total body weight and BMI (P<0.05)
- There were no significant changes between each group in fasting blood glucose and diastolic blood pressure
- The researchers note that these findings, except for the increase in HDL-cholesterol, are consistent with previous studies.

LIMITATIONS:

- The study population were older adults who were obese/overweight, presented with MetS and had a higher CVD risk so the results may not be applicable to other populations
- The food questionnaire may cause overestimations of certain food groups, and the study design of recruiting attendance at the educational sessions may have limited inclusion of lower income participants
- More research is needed to assess long-term results.

HP CORNER NEW RESOURCES FOR 2021

We've developed new Almond Academy resources to support you in communicating nutrition messages to clients, peers and the public digitally. These resources join our existing suite of helpful training resources, developed with nutrition professionals to further your skill set.

WEBINARS 101:

If you're thinking about hosting your own webinars, check out this [new handout](#) where we highlight when & how to run the sessions.

NEXT LEVEL SOCIAL MEDIA GUIDE:

Building on our beginner's guide for [social media](#), in this [handout](#) we cover off the next level, introducing different types of content across a variety of platforms including Instagram, Twitter & TikTok!

2021 SOCIAL MEDIA CALENDAR:

In this update to our handy [Social Media Calendar](#), we map out key calendar hooks across the year to help inspire your content plan.

SUSTAINED ENERGY HANDOUT:

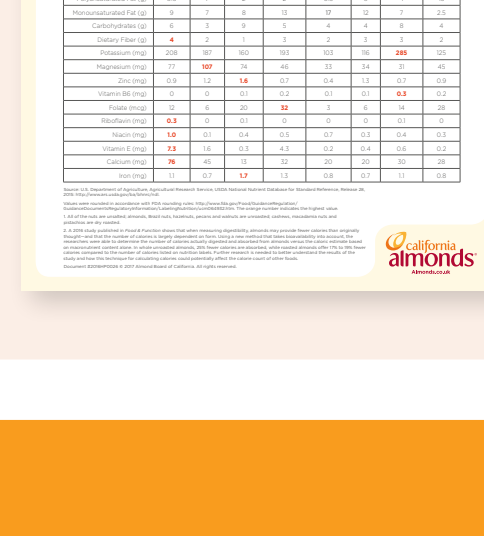
We've developed this simple handout to help you explain to your clients and patients why they need to fuel their day with healthy, nutrient-rich foods that can offer sustained energy.

Download it [here](#).

NEED SOME NEW YEAR SNACKING RECIPES?

Please visit our [Recipe Centre](#) for tons of tasty ideas.

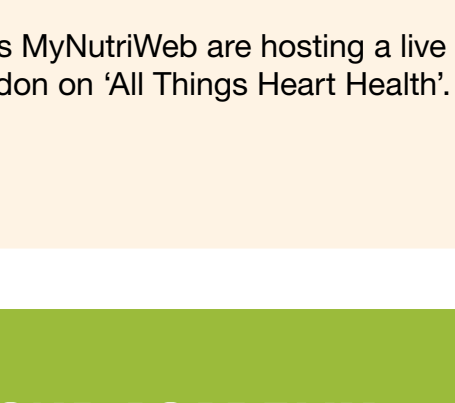
TREE NUT NUTRIENT COMPARISON CHART



Packed with fibre and healthy unsaturated fats, almonds are a nutritious source of plant protein that can be incorporated into any sensible eating plan. A single 30-gram portion (a handful or about 23 almonds) provides more than half of the recommended daily intake for the antioxidant vitamin E. Talk about good things coming in small packages!

See how tree nuts stack up with our updated [nutrient comparison chart](#).

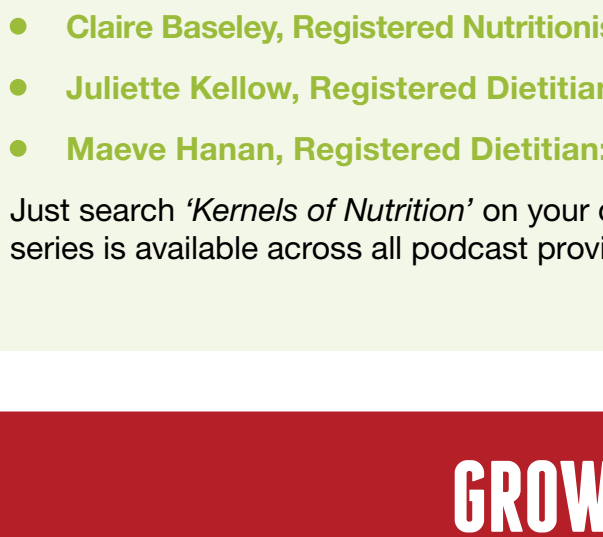
SAVE THE DATE: MYNUTRIWEB WEBINAR 27TH JANUARY 2021 8-9PM



Ahead of Heart Health Month, free CPD e-learning providers MyNutriWeb are hosting a live webinar with Dr. Wendy Hall (TBC) from Kings' College London on 'All Things Heart Health'.

Register for free [here](#)

INTRODUCING OUR NEW ALMOND ACADEMY PODCAST 'KERNELS OF NUTRITION':



Kernels of Nutrition is our brand-new podcast exploring one of the most important things in nutrition – communication skills.

As part of our Almond Academy, this series features interviews with registered dietitians and nutritionists sharing their expert insight and experiences in topics that are often outside the scope of traditional academic courses and training such as building businesses, working with brands and representing the nutrition profession online and in the media. Learn first hand how you can find the right balance between science and storytelling, whilst maintaining professionalism and integrity.

We are delighted to be joined by the following expert guests in the first series:

- **Rhiannon Lambert, Registered Nutritionist:** Building a Successful Business: Marketing & Branding
- **Helen Bond, Registered Dietitian:** Working with the Media as an Expert
- **Claire Baseley, Registered Nutritionist:** Navigating Regulations & Health Claims with Ease
- **Juliette Kellow, Registered Dietitian:** Becoming a Freelance Consultant
- **Maeve Hanan, Registered Dietitian:** Using Social Media Ethically & Effectively

Just search 'Kernels of Nutrition' on your chosen podcast app to listen & subscribe. This series is available across all podcast providers including Spotify, Apple, Google and Acast.

GROWING GOOD: ALMOND FARMERS ARE PREPARING FOR A WARMER WORLD

California's Central Valley is one of the few places in the world with the Mediterranean climate needed to grow almonds, which is why the state produces more than 80% of the world's supply. But in the Spring of 2013, almond farmer Christine Gemperle opened a piece of mail and began to panic.

At the time, California was two years into what would eventually be deemed the worst drought in state history, and Gemperle, an almond farmer since 1997, had already seen steady reductions in her allotment of irrigation water from the Shasta Lake reservoir. And now, as the letter she held in her hands from the local water utility informed her, she would receive just 20% of the water she typically needs to sustain the 93-acre orchard she owns with her brother in Gustine, a small city due east of San Jose.



"When you first get that news, you kind of put your head in your hands," she says. "You sit there and breathe, and you're like, 'Okay. What are we going to do?'"

Gemperle grew up on her family's almond orchard in nearby Turlock, and while conditions were often ideal for farming there, she'd long understood that drought was part of life in California. But she'd never experienced anything like this. Neither had the rest of the state's 7,600 almond farmers. That's because, according to scientists, this was no ordinary drought. Climate change was driving up temperatures, increasing evaporation from reservoirs, rivers, and soil, and reducing the state's snowpack to a historic low. While climate change didn't trigger the drought, it was making it far worse.

Even more frightening for California farmers, the drought was an unmistakable sign of things to come. Indeed, as "the planet continues to heat, cycles of drought and extreme flooding—a pattern known as "precipitation whiplash"—are expected to become far more common in the state, posing greater challenges for an industry working to meet the rising global demand for plant-based foods.

[Learn more](#) about Christine's story and the steps the almond industry is taking to prepare almond farmers for a warmer world.

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