

SUMMER 2021



NUTRITION BULLETIN

Welcome to the summer edition of the Almond Board's Nutrition Bulletin! In this issue, we share new research about tree nuts (including almonds) and weight loss, a mini-library of new health professional resources, and an recording of an exclusive research webinar. Plus, enjoy a new take-along recipe. Wherever you find yourselves this summer, be safe and don't forget to pack the almonds!

RESEARCH UPDATE:

Wang, J., S. Wang, S.M., Henning, T. Qin, Y. Pan, J. Yang, J. Huang, C.-H. Tseng, D. Heber, Z. Li., 2021 Mixed tree nut snacks compared to refined carbohydrate snacks resulted in weight loss and increased satiety during both weight loss and weight maintenance: a 24-week randomized controlled trial. *Nutrients*. 13(5): 1512; <https://doi.org/10.3390/nu13051512>

Mixed tree nut snacks compared to refined carbohydrate snacks resulted in weight loss and increased satiety during both weight loss and weight maintenance: a 24-week randomized controlled trial

Researchers at University of California – Los Angeles (US) compared 95 overweight/obese men and women (BMI 27.0-35.0 kg/m²) ages 30-68 years who consumed either 1.5 ounces (~42g) of mixed tree nuts (including almonds) or a pretzel snack. Both snacks provided the same number of calories, as part of a hypocaloric weight loss diet (500 calories less than resting metabolic rate) over 12 weeks. This was followed by an isocaloric weight maintenance program for an additional 12 weeks.

Participants experienced weight loss (12 weeks: -1.6 kg and -1.9 kg and 24 weeks: -1.5 kg and -1.4 kg) in the tree nut and pretzel snack groups, respectively. Both groups also showed a decrease in BMI at 12 weeks, compared to baseline.

However, satiety was higher at the end of week 24 in the mixed tree nut group vs. the pretzel group, and there was a trend toward better weight maintenance compared to the pretzel group. Moreover, the dropout rate was lower in the mixed tree nut group (16.4%) compared to the pretzel (35.9%) group. Heart rate also decreased from baseline in those consuming tree nuts, but not pretzels.

The researchers speculate that the protein, fibre and healthy fats found in nuts, which provide satiety, may be a major reason why there was less weight gain in the tree nut group during weight maintenance, and a significantly lower dropout rate compared to the pretzel group.

The overall body of evidence shows that almonds can be incorporated in effective calorie-restricted weight loss and weight maintenance diets. The nutrients in almonds, including healthy fats, plant protein and fibre, are associated with improved satiety, suggesting that almonds are an ideal snack for those concerned about weight management.

For example, this [study](#) from researchers at the University of Leeds (UK) found that people who snacked on almonds as mid-morning snack compared to crackers with equivalent energy, reported a lower overall hunger drive. Snacking on almonds also led to suppressed unconscious desire ("implicit wanting") to consume other high-fat foods, which could be useful in a weight management strategy. The study did not see a difference in the total day-long calorie intake with the almond snack but did see a reduction in calories consumed during the lunch meal eaten 2 hours after the snack.

The researchers also found that the satiety quotient (measure of the satiating capacity of foods relative to energy content) was stronger immediately after eating the almonds than the comparison food (crackers) and participants perceived the almonds to be a healthier snack.



HP CORNER RESEARCH ROUNDTABLE WEBINAR: WEIGHT MANAGEMENT

We are excited to share a recording of our latest Research Roundtable, reviewing almond research into weight management, satiety and body fat with internationally-renowned researcher, Dr. Richard Mattes, Distinguished Professor of Nutrition Science at Purdue University (US) and Former President of the American Society of Nutrition. In this recording, Dr Mattes explains how almonds contribute to positive energy balance, but not weight gain; their unique role in diet quality; and importance in dietary patterns.

Dr. Stephanie Hunter, Post-Doctoral Fellow at Monell Chemical Senses Center and co-principal investigator with Dr. Mattes, also shares breaking research about almonds and body fat distribution and potential improvements for chronic disease risk.

To watch the roundtable, click [here](#).

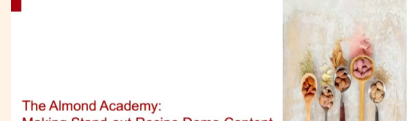


NEW ALMOND ACADEMY RESOURCE: FOOD DEMO WEBINAR

The Almond Board teamed up with Registered Nutritionist Rhiannon Lambert to create an informative 30-minute webinar that gives you all the tools and pro tips to execute recipe demos – with nutrition message woven in seamlessly. The webinar has advice on how to share nutrition information through recipe demos, create excellent recipe videos using Instagram Reels and repurpose recipe content in your blogs. In addition to the webinar, new HP tools include a how-to video for a snack recipe demo and handy guide for you to use at home or in your practice.



[How-to Video for an Engaging Recipe Demo:](#)



[Making Stand-out Recipe Demo Content Webinar:](#)



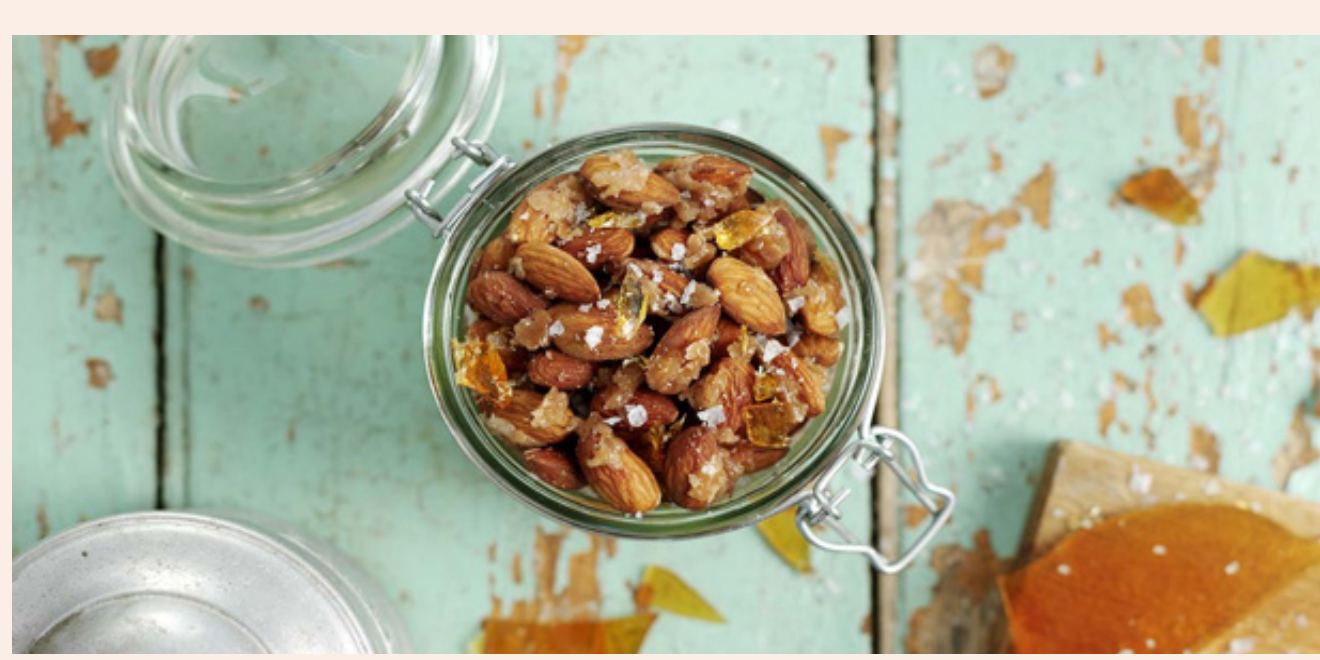
[Making Stand-out Recipe Demo Content Guide:](#)

Be sure to stay a while at the Almond Academy section of [almonds.co.uk](https://www.almonds.co.uk). We have a ton of resources to help build your practice and refine your skills – from delivering webinars to nailing an Instagram reel! Also, several resources are endorsed by the Association for Nutrition.

NEW HP HANDOUTS

We are happy to share two new client handouts for professional use to help communicate the science behind new almond research studies that provide evidence about how eating almonds can aid in wrinkle reduction and provide protection against harmful UVB rays. Check out the content and share with your peers.

RECIPE INSPIRATION: SEA SALT CARAMEL ALMONDS



EASY SNACK FOR AN ON-THE-GO SUMMER

These super-simple roasted almonds are a light, sweet treat with just a few ingredients at-hand in your kitchen. The recipe makes four perfect 30-gram portions for you to take along – perfect for carrying in a reusable container.

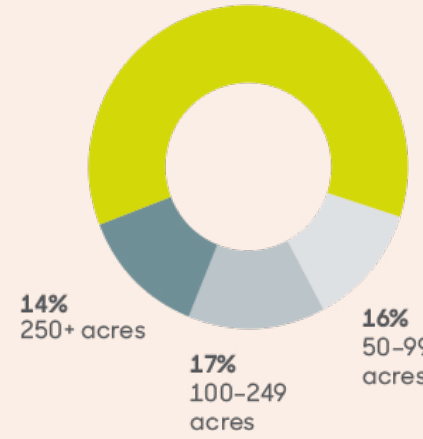
Click here for instructions and nutritional info: <https://www.almonds.co.uk/why-almonds/recipes-and-trends/recipes/almonds-and-sea-salted-caramel>



GROWING GOOD: FAMILY FARMS

Almond farming is a family affair fuelled by a passion for growing a healthy food. The Almond Board of California is highly committed to farming responsibly, managing resources carefully for future generations. And, that next generation of almond growers is most likely the next generation of a family. Nearly all (90%) of almond farms are family farms, which are often run by third- and even fourth-generation farmers.*

This care for farms not only benefits the environment with a shared goal of growing the world's nutritious almonds in the most sustainable way possible, but also local communities. In the spirit of giving back to the local community, 96% of California almond farmers and processors participate in organizations, programs or boards that support community well-being.**



ORCHARDS

Nearly **70%** of California almond farms are **100 acres or less**.

Small or large, California's almond farmers take a long-term view of success based on respect for the land and local communities. Regardless of size, all almond farmers recognize that growth must be matched by an unprecedented commitment to environmental responsibility.

Source: USDA 2017 Census of Agriculture.

Learn more about the Almond Board's multi-faceted approach to sustainability by visiting our Growing Good resource: <https://www.almonds.com/why-almonds/growing-good>

* United States Department of Agriculture. 2017 Census of Agriculture. Table 6.

** California Almond Sustainability Program. Nov. 2020.

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