

# SPRING 2022

# NUTRITION BULLETIN

## IN THE LATEST EDITION OF THE ALMOND BOARD NUTRITION BULLETIN:

Spring is here, which is a great time for a spring cleaning of your health professional handouts, and the Almond Board has got you covered. This issue shares a new patient resource as well as a brand-new Almond Academy guide about elevating credible health messages on Instagram and LinkedIn. Plus, May is Mediterranean Diet Month, a chance to celebrate its benefits for heart health. Last but not least, enjoy a new versatile BOSH! almond recipe to put an energising spring in your step!

## RESEARCH SPOTLIGHT: HEART HEALTH AND THE MEDITERRANEAN DIET



As May is Med Diet Month, the results of the landmark PREDIMED [study](#) (Prevention of Cardiovascular Disease with a Mediterranean Diet) are worth revisiting and communicating to patients. The study found that the risk of cardiovascular disease in those following the Med diet – supplemented with extra-virgin olive oil or nuts including almonds-- was lowered by approximately 30% compared to those in the control diet. The primary endpoint of this research was the rate of cardiovascular events (heart attack, stroke or death from heart disease) and the nearly 7,000 participants were high-risk adults without cardiovascular disease. As expected, those consuming the Mediterranean diet supplemented with olive oil or mixed nuts had a 30% lower relative risk reduction of heart attacks, strokes and deaths from heart disease, compared with a low-fat control diet. There were no significant differences observed between the olive oil and mixed nut groups. Participants consumed 30g of mixed nuts (15 grams of walnuts and 7.5 grams each of almonds and hazelnuts) daily. (The researchers identified protocol deviations, including enrolment of household members without randomization, assignment to a study group without randomization of some participants at 1 of 11 study sites, and apparent inconsistent use of randomization tables at another site and published a revised paper.)



Once again, U.S. News and World Reports named the Med Diet the 2022 Best Diet Overall for its health promotion and liveability for five years running. Almonds fit perfectly into the Med Diet, a healthy dietary approach that is easy to follow and enjoyable. The diet emphasises fresh fruit and vegetables, whole grains, nuts like almonds, seeds, beans and legumes, small portions of animal protein and fish, an optional glass (125ml) of red wine, and of course extra-virgin olive oil. Say ¡Salud! with our specially-created Mediterranean almonds [recipe](#).

## HP CORNER



### New!

[Almond Board Research Roundtable: June 22, 2022 4PM BST /5PM CET](#)



Each year we host a Research Roundtable for health professionals across Europe to communicate the very latest almond nutrition research. We're excited to announce the date for our virtual event and welcome you to register [here](#).

In this *60-minute webinar* "Almonds: New Research Frontiers for a Healthier Lifestyle," Dr. Swati Kalgaonkar, Associate Director, Nutrition Research, Almond Board of California, will share the latest research studies from skin health to novel measures of heart health. If you think you know almonds, think again as this update will provide the latest scientific thinking around these powerful nuts! There will a moderated Q&A panel at the end of the session.

The webinar can be used for self-study toward continuing education.

### New!

[Almond Academy Deep Dive into Instagram and LinkedIn](#)

We are excited to share a new Almond Academy resource to support your communication on Instagram and LinkedIn. [The resources](#) provide content ideas to help improve your social media following and share evidence-based information on these evolving platforms.



Be sure to visit the Almond Academy for a full library of resources to support your communications skills, including a [how-to social media guide](#) for people just getting started on their social media journey.

### HP Handout:

[Smart Snacking When Working from Home](#)

Working from home has allowed new job flexibility, while keeping us safe. However being at home means being only footsteps away from an always-open kitchen, which may sabotage positive eating habits.

This new [health professional handout features](#) savvy snack choices that boost your health when working from home as well as how to establish a healthy routine for in and out of the office.



## NEW BOSH! RECIPE:

# SMOKEY SAVOURY GRANOLA



The team at **BOSH!** created an almond recipe for us and they did not disappoint.

Their versatile savoury granola can be enjoyed on its own or tossed on top a salad or stir-fry for a nutrient boost and satisfying crunch!

Watch the recipe how-to video [here](#).

### Preparation:

1. Before you start: Preheat oven to 180°C and have at hand a mixing bowl and baking sheet lined with parchment paper.
2. Spread the almonds out on a chopping board and roughly chop (the almonds shouldn't be less than a quarter of their original size).
3. Prepare the ingredients: Add the light soy sauce, olive oil, nutritional yeast, smoked paprika, garlic powder, onion powder, chilli powder and a pinch of pepper to the mixing bowl and stir to combine.
4. Add the almonds and mixed seeds to the bowl and stir well until the almonds and seeds are well covered.

### Ingredients:

Makes 8 servings.

- 150g whole almonds
  - 100g mixed seeds
  - 2 Tbsp light soy sauce or tamari
  - 2 Tbsp olive oil
  - 2 tsp nutritional yeast
  - 1 tsp smoked paprika
  - ½ tsp garlic powder
  - ½ tsp onion powder
  - ½ tsp chilli powder
  - Pinch of black pepper
5. Bake the Smokey Snacking Savoury Granola: Spread the granola out on the baking tray, put the tray in the oven and roast for 8 minutes.
  6. Cool, use and store: Take the tray out of the oven and transfer to a bowl (this will prevent the granola from overcooking on the hot metal tray).
  7. Let the granola cool to room temperature, transfer to a clean sealable container and use within 12-14 days.

### Nutritional information (per serving)

Calories	217kcal	Carbohydrate	6.8g	Magnesium	122mg
Fat	8.5g	Cholesterol	0mg	Potassium	266mg
Saturated Fat	2.3g	Sodium	260mg	Vitamin E	5.5mg*
Protein	8.5g	Calcium	60mg		

\*total alpha-tocopherol equivalents

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