

SUMMER 2022



NUTRITION BULLETIN

IN THE LATEST EDITION OF THE ALMOND BOARD NUTRITION BULLETIN:

Summer is here at last! Keep almonds by your side to stay energised during summer trips and be ready to stave off hunger in case any travel delays come your way or pack them in your beach bag as part of your sun protection regimen. This issue features new health professional resources to keep you updated and a fun almond twist on a summer treat!

RESEARCH UPDATE: ALMONDS AND SKIN UV RESISTANCE



A recent study investigates the effect of almond snacking on the skin's resistance to harmful UVB light¹

July and August are the months with the highest reported UV levels in the Northern Hemisphere so finding ways to protect the skin from the inside out is important. A recent study showed that regular almond snacking may be one way to help your skin from within and support your skincare regime to protect your skin from UVB rays.



In this study of 29 Asian women aged 18 to 45 years old, with skin types that ranged from “burns and does not tan easily” to “burns a little and tans easily,” technically classified as Fitzpatrick skin types II, III or IV, participants were randomly assigned to one of two groups for a 12-week period. The almond group ate 42 grams (246 calories) of almonds daily, while the pretzel group ate 51 grams (200 calories) of pretzels daily.

The researchers measured each person's skin response to UVB rays – the type of rays known to cause sunburn - at the beginning and end of the study by quantifying their individual minimal erythema dose (MED). MED is the lowest dose of UVB light needed to cause slight skin reddening to a specific site on the skin. (In this case, inner-arm skin was chosen because it has little exposure to the sun.) Skin reddening is the first indication of skin photodamage, so increased MED indicates improved protection against (or resistance to) UVB photodamage.

RESULTS:

- For the almond group, there was a significant increase in MED and in exposure time required to induce erythema at the final visit (12 weeks) compared to the start of the intervention (baseline) (p=.006). Further, the increase in MED in the almond group was statistically different compared to the pretzel group.
- At baseline, the groups had no significant differences of MED, which indicated the change in MED was due to the almond intervention. Increased MED and exposure means that a higher dose of UVB light was required to induce erythema (redness) after 12-weeks, compared to the pretzel group.
- There were no significant differences between the two groups in their ratings of erythema, Allergan Skin Roughness, melanin index, sebum hydration or erythema.
- The mechanism for the improvement in UV resistance with the almond intervention is currently unknown. The researchers speculate that the nutrients in almonds (mono- and polyunsaturated fatty acids, vitamin E, quercetin (a flavonoid), and other phenolic and polyphenolic compounds), may improve the antioxidant and anti-inflammatory capacity of human skin, which could be responsible for the increased photoprotection against UVB light.

LIMITATIONS:

A smaller study population was included than originally planned, due to the exclusion of those participants found to be UVB resistant at the dose and exposure time selected. Findings are limited to protection against UVB radiation. This study also investigated a younger population. Further research is needed to investigate the effects of almond consumption for other age groups and for other Fitzpatrick skin types.

CONCLUSION:

A daily snack of almonds (42 grams) improved UVB resistance in young Asian women who consumed almonds for 12 weeks. The results suggest that including almonds in the diet may help support the skin's internal defenses against UVB light.

Although these results are promising, the first lines of defence for sun protection remain sunscreen and protective clothing for people of all ages. Some ways to protect your skin this summer include:

- Use a topical broad-spectrum sunscreen with an SPF of at least 15 or higher for UVB protection and be sure to reapply often
- Find the shade! Avoid sitting in the sun for prolonged periods of time, especially during midday hours
- Get fashionable! Wear a wide-brim hat to shade your face and sun protective clothing covering your chest, arms, and neck
- Stick a stash of almonds in your beach bag! Almonds provide skin-friendly nutrients including 60% NRV of vitamin E, an antioxidant that may help protect cells from the damaging effects of free radicals caused by UV rays from the sun, pollution, cigarette smoke and other environmental and intrinsic factors

1- Li JN, Henning SM, Thames G, Bari O, Tran PT, Tseng C-H, Heber D, Kim J, Li Z. Almond Consumption Increased UVB Resistance in Healthy Asian Women. *Journal of Cosmetic Dermatology*. 2021;00: 1-6. <https://doi.org/10.1111/jocd.13946>

HP CORNER



New!

[Almond Academy Resources](#)
[Personal Branding Tip Sheet](#)

Verena Franke is a dietitian and nutritionist based in Munich, Germany, who is passionate about sharing savvy food knowledge for better eating, tips and tricks from real life, and the tastiest morsels from social media. As a communications professional, she knows how to get nutrition messages across successfully. Verena sees herself as a health professional cheerleader, helping colleagues to gain cheerfulness and be proud to show their work online, on social and in real life.

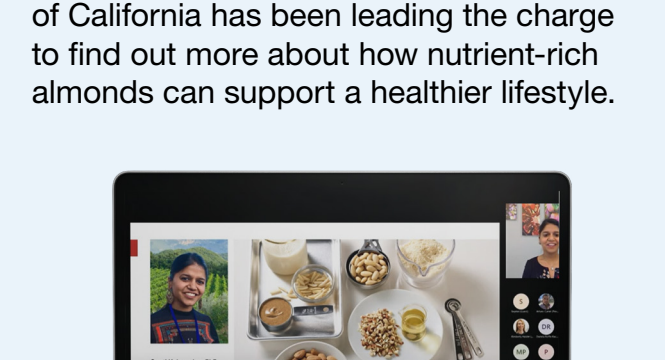
For the Almond Academy, Verena has created a guide to help establish your own personal brand. We hope you enjoy this new perspective on how to make sure your professional expertise and unique qualifications stand out.

Visit the [Almond Academy](#) for a full library of materials and videos to support your practice. Eight of the resources are endorsed for self-study as CPD by the Association for Nutrition.

New!

[EU Research Webinar](#)

We are delighted to share a recording of our recent webinar, Almonds: New Research Frontiers for a Healthier Lifestyle, presented by Dr. Swati Kalgaonkar. For more than 25 years, the Almond Board of California has been leading the charge to find out more about how nutrient-rich almonds can support a healthier lifestyle.



Watch [this webinar](#) for an update on the latest scientific research on almonds and skin health, blood glucose control, cardiovascular disease and more. We're pleased to share that the webinar is endorsed for CPD by the British Dietetics Association.



RECIPE INSPIRATION: MANGO-ALMOND JALAPENO PALETA

A paleta is a Mexican frozen treat, or ice lolly, made from fresh fruit and cream. **This better-for-you version** from Chef Christine Farkas of IHeart Food Consulting, mixes up the recipe with a double act of almond milk and almond butter. This sophisticated flavour is definitely one for the adults to enjoy!

Visit our [Recipe Centre](#) for full recipe details and browse more delicious recipes.

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