

AUTUMN 2023



NUTRITION BULLETIN

IN THE LATEST EDITION OF THE ALMOND BOARD NUTRITION BULLETIN:

- Two new research studies show almonds can support healthy weight management
- A recording of our recent webinar on almonds and exercise recovery in case you missed it
- A handy nutrition resource you can use with your clients

RESEARCH SPOTLIGHT: ALMONDS & WEIGHT MANAGEMENT



Two new studies, supported by the Almond Board of California, build on the large body of scientific evidence suggesting that almonds can improve diet quality and aid in weight management.

Carter S, Hill AM, Mead LC, Wong HY, Yandell C, Buckley JD, Tan S, Rogers GB, Frayssse F, Coates AM. **Almonds vs. carbohydrate snacks in an energy-restricted diet: Weight and cardiometabolic outcomes from a randomized trial.** *Obesity*. 2023 August 24; doi: 10.1002/oby.23860.

STUDY DESIGN AND RESULTS

The first study, published in *Obesity*, tracked 140 Australians aged 25-65 years with overweight or obesity for nine months. For the first three months of the study, the participants reduced their daily calories by 30% through either a nut-free or almond-enriched diet (with almonds providing 15% of their daily calorie needs, approximately 30-50 g). On both diets, participants:

- Lost an average of 7 kg
- Improved their lean body mass after three months
- Continued to lose weight, about 1 kg, during the subsequent six months

Moreover, the almond group saw improvements in some lipoprotein subfractions (the different types of lipoproteins that carry cholesterol and triglycerides in the blood), which may reduce cardiovascular risks.

LIMITATIONS:

Future research should investigate different doses of almonds and test people with additional heart disease and diabetes risk factors, as the results are not generalisable to populations with chronic diseases.

Brown RC, Ware L, Gray AR, Tey SL, Chisholm A. **Comparing the Effects of Consuming Almonds or Biscuits on Body Weight in Habitual Snackers: A 1-Year Randomized Controlled Trial.** *Am J Clin Nutr*. 2023 May 6:S0002-9165(23)48908-3. doi: 10.1016/j.ajcnut.2023.05.015.

STUDY DESIGN AND RESULTS

The second study, published in the *American Journal of Clinical Nutrition*, found that almonds, when eaten long term (1 year) as a snack, can improve overall diet quality without causing weight gain among healthy non-obese, habitual snacking adults in New Zealand. Half of the 136 participants were assigned to eat either 43g of almonds or 10% of their daily calorie needs (whichever was greater) while the remaining participants in the control group consumed a calorie-matched high-carbohydrate snack.

Participants in the almond group consumed significantly more protein, polyunsaturated and monounsaturated fats, fibre, vitamin E, calcium, copper, magnesium, phosphorous, and zinc, and less carbohydrates and sugar than the control group. There were no statistically significant weight changes or changes in lipids during the study in either group, suggesting almonds did not cause weight gain. Women in the almond group did not have a statistically significant change in visceral fat, but men had a statistically significant increase in visceral fat compared to the biscuit group. This finding has not been observed in previous studies, but it is important to note that this intervention was conducted during the COVID-19 lockdown.

LIMITATIONS:

The COVID-19 pandemic may have affected eating habits and exercise levels. The participants were people at a normal weight or overweight so results may not be generalizable to other populations such as those with obesity.

KEY TAKEAWAY:

Together, these studies add to a growing body of scientific evidence suggesting that almonds, when eaten as part of a healthy diet, do not cause weight gain, can be included in reduced-calorie weight loss diets, and may improve overall diet quality and lower heart disease risk.

HP CORNER



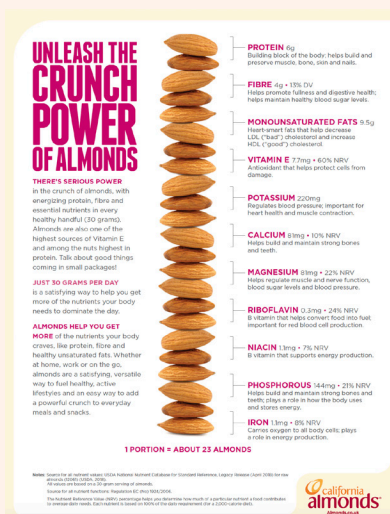
Almonds: Food for Fitness webinar

In case you missed our Food for Fitness webinar earlier this year, you can watch a recording [here](#). In this webinar, Dr David Nieman, professor and director of Appalachian State University Human Performance Laboratory at the North Carolina Research Campus, shares recently published findings suggesting that almond intake can support muscle function and recovery after physical activity. This webinar is approved for 1.0 of Continuing Education Development by the British Dietetic Association.



The Crunch Power of Almonds

This handy resource highlights all the nutrients you get in a handful of almonds and is perfect to showcase the benefits of adding a portion to your daily diet.



ALMOND INSPIRATION

Why not start your day off right with a handful of almonds? There are lots of ways almonds can be incorporated into breakfast – give some of these ideas a go...

- Sprinkle almonds over porridge or yoghurt for extra fibre
- Add almonds to breakfast bars for breakfast on-the-go
- Top avocado toast with chopped almonds for an extra crunch

