



CULTIVATING
A HEALTHIER
FUTURE

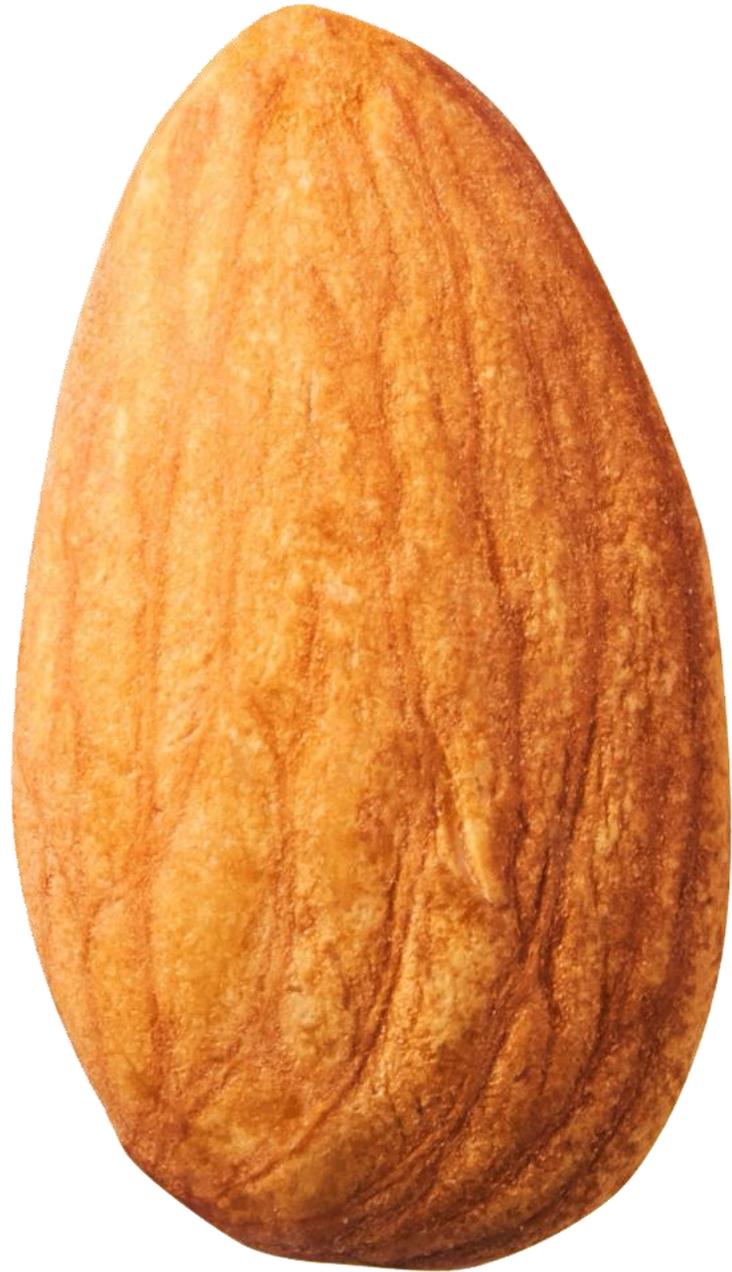
How Nutrition is Driving Demand and a Healthier Tomorrow





Dariela Roffe-Rackind

**Director, Europe & Global Health Communications
Almond Board of California**



1. Almonds
Score: 97/100.

Food experts name the 'healthiest' foods in the world as benefits hailed

A list of the 10 most nutritious foods in the world has been compiled by researchers and include a number of common items found on the shelves of supermarkets

1. Almonds

Score: 97/100.

The food with the highest nutritional value in the world isn't a fruit or vegetable, it's a nut. Almonds claim the top spot as the healthiest food you can consume, earning an outstanding 97 out of 100 in nutritional value.

These beloved snacks are loaded with mono-unsaturated fatty acids, support cardiovascular health and may even help with diabetes management. Almonds are abundant in antioxidants, protein and fiber, plus vitamins and minerals such as magnesium. They're brimming with nutrients that help safeguard the heart, including unsaturated fatty acids, phytosterols, magnesium, vitamin E, copper and manganese.

**THE ALMOND
CONFERENCE**

20
25

The Big Almond Health Quiz





Phil Gowland

**Commercial & Health Director
Whitworths Ltd (UK)**

+ Whitworths

Be a Nutrition Magician+



**THE ALMOND
CONFERENCE**

20
25

The Big Almond Health Quiz





Frances Largeman-Roth

Registered Dietitian Nutritionist

Everyday Snack Tray

Easy Ideas and Recipes for Boards That Nourish
for Moments Big and Small



FRANCES LARGEMAN-ROTH, RDN

AS SEEN ON

BuzzFeed



access
hollywood

CNN

CookingLight

QVC



GLAMOUR

Better.tv

Home. Family. Life.



THE
ALMOND
CONFERENCE





Elena Hemler

**Director, Nutrition Research
Almond Board of California**



Lu Ann Williams

**Global SVP of Research & Co-Founder
Innova Market Insights**



Bobbie Williams

**Registered Dietitian Nutritionist
& Almond Grower**



CULTIVATING
A HEALTHIER
FUTURE

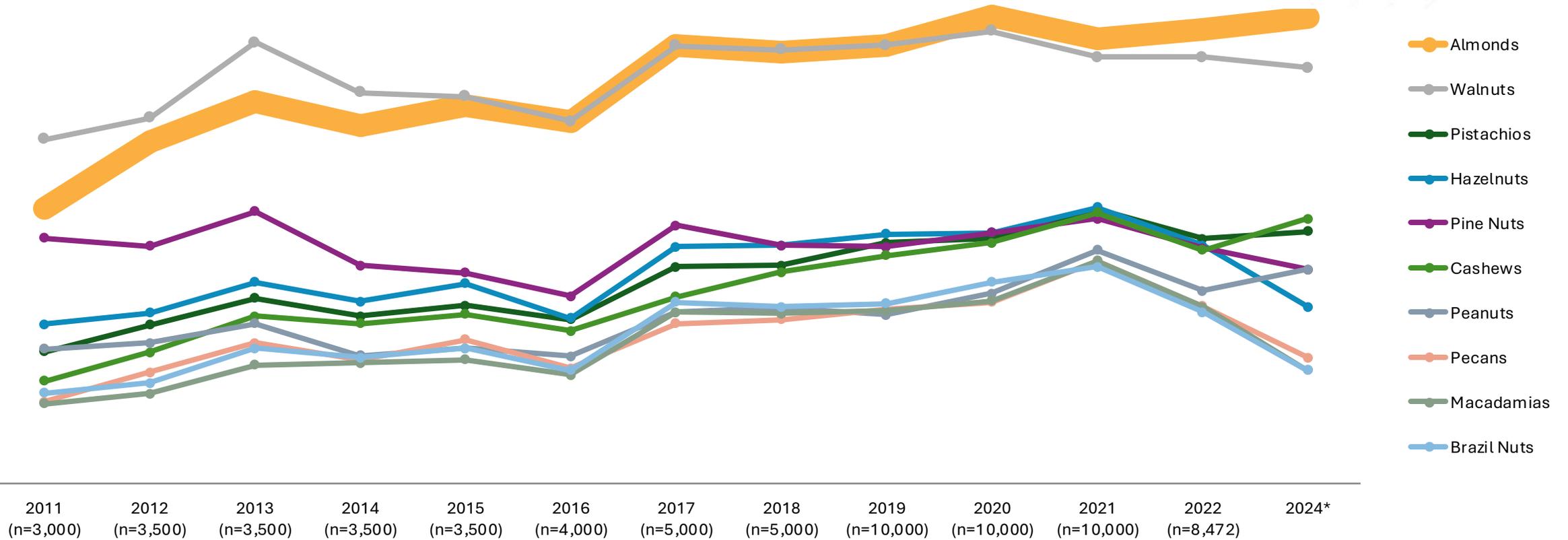
How Nutrition is Driving Demand and a Healthier Tomorrow





Consumers rate Almonds as the healthiest nut.

Healthfulness Ratings for Nuts – Global
Top-2 Box (9, 10 on a 10pt scale – Extremely Healthy)







THE HINDU

Almonds rein in weight, cholesterolSM and hypertension, confirms study

Ranva Kannan
CHENNAI

Recent meta-analyses of studies on the benefits of consuming almonds published in a peer-reviewed journal have shown that the tree nut does leave an ameliorative impact in a multitude of sectors.

The results suggest that almond consumption results in small reductions in weight, LDL cholesterol and diastolic blood pressure, as well as improved glycaemic responses in Asian Indians.

These results were published recently in a paper, "Current scientific evidence and research strategies in the role of almonds in cardiometabolic health", in the peer-reviewed journal *Current Developments in Nutrition Perspectives*.

The analyses of multiple studies showed that al-



Almonds lower LDL cholesterol, says the new paper. (iStock)

mond consumption does not lead to weight gain, and may even contribute to reduction in body weight at doses of about 50 grams a day.

The authors from the U.S., Canada, France and India argued that almonds have an impact on lowering cholesterol, though it depends on the dose (over 50 g a day), and for how long it is eaten (10 weeks). Almond consumption results in a small but significant reduction in LDL cholesterol by approximately 5 g/dL (or about 5%) for the general population, including those at risk of chronic diseases.

Anoop Misra, senior diabetologist from the Fortis C-DOC Center for Diabetes, Obesity, Metabolic Diseases, and Endocrinology, New Delhi, explains that almonds contain several components that are believed to contribute to the cholesterol-lowering properties, "including beta-sitosterol for which there is well-established evidence of lowering LDL cholesterol levels, monounsaturated fats (67%), polyunsaturated fats (10%), and dietary fibre (10%)."

The analyses, which was funded by the Almond Board of California, also states that with a daily dose of almonds, Asian Indians with prediabetes can achieve a significant reduction in fasting blood glucose and HbA1c.

Dr. Misra adds some context: "Previously, our group examined over three months, the effect of having 20 g of almonds 50 minutes before each major meal on prediabetes. We found significant improvements in body weight, waist circumference, glycaemic control (particularly postprandial hyperglycaemia), and insulin resistance. Notably, 23.3% of participants in the group showed reversal from pre-diabetes to normal glucose regulation, comparable to results seen with Acarbose medication (29%)."

"My advice is to have almonds, half a fistful each in the morning and evening. For people with diabetes, they can have it as a snack between meals or 30 minutes before meals," he says.

Current Developments in Nutrition 9 (2025) 104516

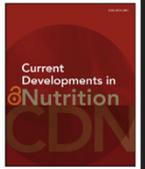


American Society for Nutrition
Excellence in Nutrition Research and Practice

Current Developments in Nutrition

CDN

journal homepage: <https://cdn.nutrition.org/>



Perspectives

Perspective: Current Scientific Evidence and Research Strategies in the Role of Almonds in Cardiometabolic Health

Paula R Trumbo^{1,2,*}, Jany Ard³, France Bellisle⁴, Adam Drewnowski⁵, Jack A Gilbert^{6,7}, Ronald Kleinman⁸, Anoop Misra^{9,10}, John Sievenpiper^{11,12,13}, Maha Tahiri¹⁴, Karol E Watson¹⁵, James Hill¹⁶





Pause



0:00 / 0:15



GLP-1 Weight Loss Drugs Shift Eating Habits in Americans

GLP-1 medications are linked to decreased consumption of processed foods, sugary drinks and other calorie-dense foods.

News Published: April 9, 2025

[Original story from the University of Arkansas](#)



Nestlé is releasing a lineup of frozen food for people on Ozempic and other GLP-1 drugs



By [Jordan Valinsky](#), CNN

3 min read · Published 7:00 AM EDT, Tue May 21, 2024



How GLP-1 weight loss drugs are reshaping the food industry

The appetite-suppressing medications reduce consumption of processed and sugary foods, creating new risks and opportunities.

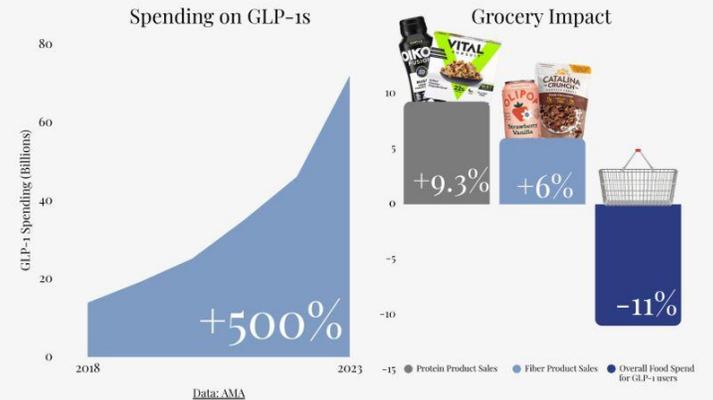
Published July 24, 2025



[Sarah Zimmerman](#)
Editor



The GLP-1 Effect





CULTIVATING A HEALTHIER
FUTURE

**THE ALMOND
CONFERENCE**

20
25

The Big Almond Health Quiz





CULTIVATING
A HEALTHIER
FUTURE

How Nutrition is Driving Demand and a Healthier Tomorrow

