



## Almonds x23

A handful of almonds (one ounce, or about 23) is a tasty way to crush your cravings and gives you long-lasting energy to take on the day. The perfect mid-morning and mid-afternoon snack, almonds are packed with powerful nutrition and can help tide you over until your next meal.



## It's as easy as 1-2-3

Whole almonds for snacking are just the beginning. Next time you head to the store, fill your cart with these essential forms and consider some easy preparations:

### WHOLE ALMONDS

Make your own trail mix or granola bars.

### SLIVERED ALMONDS

Add them to oatmeal or yogurt at breakfast.

### ALMOND MILK

Blend it into a fruit smoothie or latte.

### ALMOND OIL

Whisk it into a vinaigrette and drizzle over a salad.

### ALMOND BUTTER

Whisk it with sesame oil and soy sauce to use as a dipping sauce for tofu satay.

Check out [Almonds.com](http://Almonds.com) for loads of delicious and satisfying recipes.



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# Nutrition by the Numbers

There's power in the crunch of almonds, with 6 grams of energy-giving protein, hunger-slaying fiber and essential nutrients in every heart-healthy handful!

Ounce for ounce, almonds are the tree nut highest in protein, fiber, calcium, vitamin E, riboflavin and niacin (1 mg/oz.). They're also an excellent source of magnesium.

## FIBER & PROTEIN

Fiber and protein can help provide that satisfied feeling everyone wants after a meal or snack. Ounce for ounce, almonds contain more dietary fiber (4 grams per ounce) and protein (6 grams per ounce) than any other tree nut.

## GOOD FATS

Heart-smart, nutrient-rich almonds help maintain your weight and healthy cholesterol levels. One serving of almonds contains 13 grams of unsaturated fat and only one gram of saturated fat?

## POWERHOUSE NUTRIENTS

Almonds are one of the highest dietary sources of magnesium (76 mg/oz.), and also are an important plant-based source of important minerals like calcium (75 mg/oz.) and potassium (200 mg/oz.). Naturally gluten- and dairy-free, almonds and almond products deliciously fill in nutrient gaps that can be left by specific dietary needs.

| Nutrition Facts                                   |                |
|---------------------------------------------------|----------------|
| Serving Size 1 ounce (28g)<br>or about 23 almonds |                |
| Amount Per Serving                                |                |
| <b>Calories</b> 160 Calories from Fat 130         |                |
|                                                   | % Daily Value* |
| <b>Total Fat</b> 14 g                             | <b>22%</b>     |
| Saturated Fat 1 g                                 | 5%             |
| Polyunsaturated Fat 3.5 g                         |                |
| Monounsaturated Fat 9 g                           |                |
| <b>Cholesterol</b> 0 mg                           | <b>0%</b>      |
| <b>Sodium</b> 0 mg                                | <b>0%</b>      |
| <b>Potassium</b> 200 mg                           | <b>6%</b>      |
| <b>Total Carbohydrate</b> 6 g                     | <b>2%</b>      |
| Dietary Fiber 4 g                                 | 16%            |
| Sugars 1 g                                        |                |
| <b>Protein</b> 6 g                                |                |
| Vitamin A 0%                                      | Vitamin C 0%   |
| Calcium 8%                                        | Iron 6%        |
| Vitamin E 35%                                     | Folate 2%      |
| Magnesium 20%                                     | Phosphorus 15% |

\*Percent daily values are based on a 2,000 calorie diet.

# Heart Smart & Satisfying

Almonds are a deliciously tempting option for smarter meals and snacks and a satisfying, versatile way to fuel healthy, active lifestyles. What's more, nearly two decades of research shows that almonds can help maintain a healthy heart!

# Snacking for Success

Snacking can be a healthy habit and a nutritious part of your day. Whether you're striving to lose weight, manage blood sugar or simply get more natural nutrients every day, almonds help you get more of the good things your body needs. At home, at work or on the go, almonds are a convenient, filling snack that provides a satisfying crunch and powerful nutrients.

Here are some ways to measure the perfect portion every time:



1. Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13 grams of unsaturated fat and only 1 gram of saturated fat.

2. U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated.

