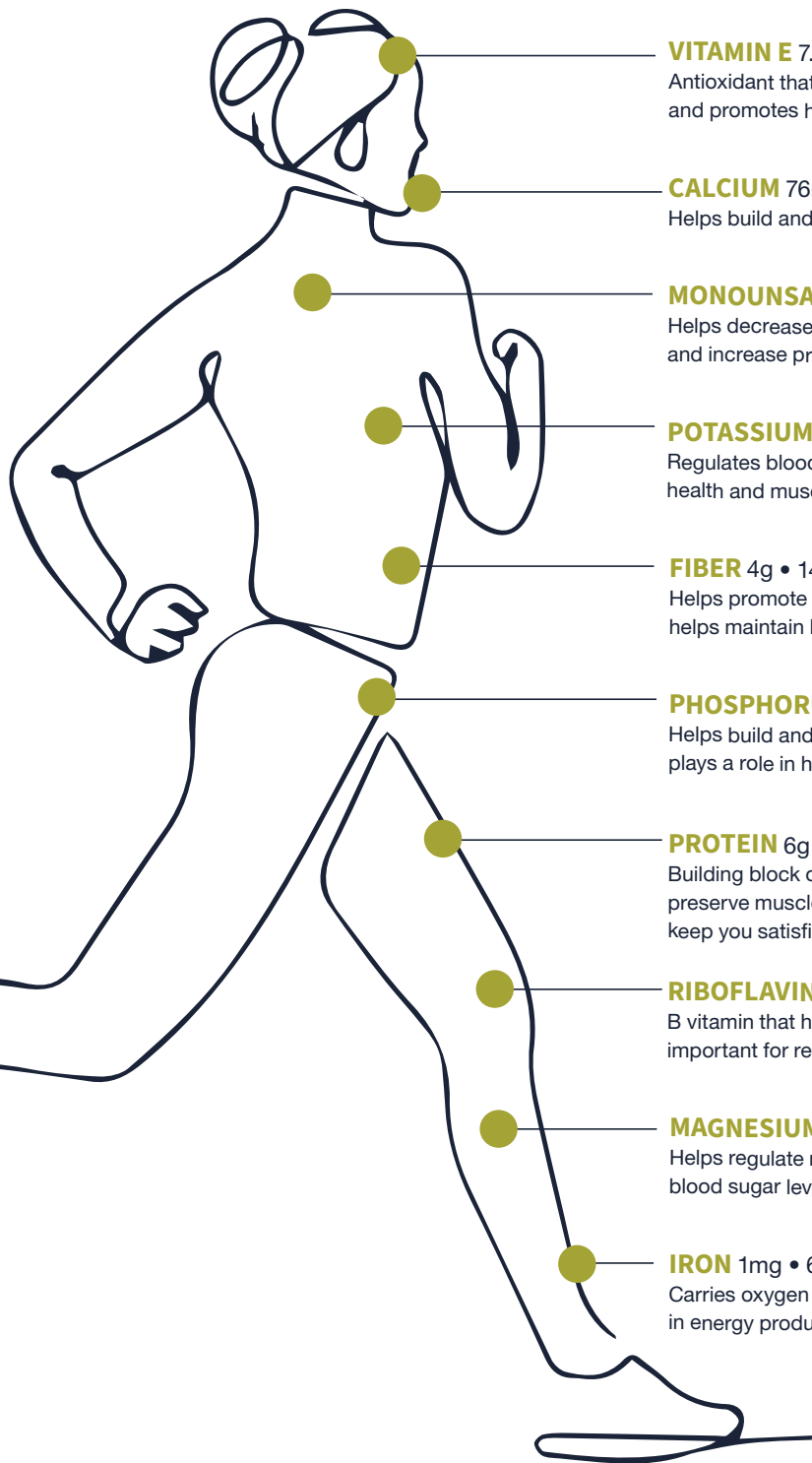


HEAD-TO-TOE NUTRITIONAL BENEFITS IN A 1-OUNCE SERVING OF ALMONDS

1 OUNCE / 28 GRAMS =
23 ALMONDS*



VITAMIN E 7.3mg • 50% DV
Antioxidant that helps protect cells from damage and promotes healthy skin and hair.

CALCIUM 76mg • 6% DV
Helps build and maintain strong bones and teeth.

MONOUNSATURATED FATS 9g
Helps decrease harmful LDL cholesterol and increase protective HDL cholesterol.

POTASSIUM 208mg • 4% DV
Regulates blood pressure; important for heart health and muscle contraction.

FIBER 4g • 14% DV
Helps promote fullness and digestive health and helps maintain healthy blood sugar levels.

PHOSPHORUS 136mg • 10% DV
Helps build and maintain strong bones and teeth; plays a role in how the body uses and stores energy.

PROTEIN 6g
Building block of the body helps build and preserve muscle, bone, skin and nails and helps keep you satisfied.

RIBOFLAVIN 0.3mg • 25% DV
B vitamin that helps convert food into fuel; important for red blood cell production.

MAGNESIUM 77mg • 20% DV
Helps regulate muscle and nerve function, blood sugar levels and blood pressure.

IRON 1mg • 6% DV
Carries oxygen to all body cells; plays a role in energy production.

* Source for all nutrient values: USDA Nutrient Database for Standard Reference, FoodData Central. Survey (FNDDS) database.

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 **california
almonds**
Almond Board of California



ALMONDS ARE ONE OF THE MOST RESEARCHED FOODS

Spanning two decades, almonds have over 200 peer-reviewed publications on their nutrition profile and health benefits.* Research from top scientists and universities globally has uncovered that almonds may help support heart health, gut health, weight management, skin health, exercise recovery and more.

200+ SCIENTIFIC PUBLICATIONS LINK ALMONDS TO VARIOUS HEALTH BENEFITS.

HEART HEALTH



Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. In a systematic review and meta-analysis (837 participants, 18 studies) from several genetically diverse groups, and for people with a range of BMIs, almond consumption was associated with reductions in total and LDL cholesterol (the bad one) and with no effect on HDL cholesterol (the good one).¹⁻⁴

WEIGHT MANAGEMENT



Multiple studies have investigated the effects of almonds on weight management when included in a healthy diet.⁵⁻⁸ Other studies have explored almonds' role in weight loss and maintenance in people with overweight/obesity.⁹ Moreover, almonds have satiating properties that promote feelings of fullness, which may help keep hunger at bay between meals.

HEALTHY BLOOD SUGAR LEVELS



The unique nutrient package in almonds—including 4g of slow-digesting fiber, 6g of plant protein, 9g of good monounsaturated fat, only 1 gram of saturated fat per 28-gram serving and zero sugar—makes them a smart choice for managing healthy blood sugar levels. Research suggests that eating a small serving of almonds (20g) before major meals may help to control blood sugar levels in adult Asian Indians (ages 18-60) with prediabetes and overweight/obesity and even reverse prediabetes in about one-quarter of the people studied.¹⁰

EXERCISE RECOVERY



Three studies have been conducted so far to explore the impact of daily almond consumption on aspects of exercise recovery such as muscle soreness, muscle damage and post-exercise muscle performance. Sports nutrition research¹¹ reported that eating 2 ounces (57g) of almonds daily for one month is associated with better recovery after exercise, including reduced feelings of post-exercise fatigue and tension, increased leg/back strength during recovery, improved mood and decreased muscle damage during the first day of recovery in 46 healthy adults who exercised less than three times per week.

SKIN HEALTH



Recent studies have explored how eating almonds affects wrinkle severity, skin tone and UV resistance in certain populations.** Skin health clinical researchers concluded that eating almonds may help reduce facial wrinkles in postmenopausal women with sun-sensitive skin types (Fitzpatrick skin types I-II)¹²⁻¹³ and provide increased resistance to harmful UVB rays in young Asian women with Fitzpatrick skin types I-II.¹⁴

GEEK OUT ON THE PUBLISHED PAPERS AND SUPPORTING SCIENCE ON [ALMONDS.COM](https://almonds.com)

- Berryman CE, West SG, Fleming JA, Bordi PL, Kris-Etherton PM. Effects of Daily Almond Consumption on Cardiometabolic Risk and Abdominal Adiposity in Healthy Adults with Elevated LDL-Cholesterol: A Randomized Controlled Trial. *Journal of the American Heart Association*. 2015;4:e000993.
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- Dikariyanto, V., et al. Snacking on whole almonds for six weeks increases heart rate variability during mental stress in healthy adults: a randomized controlled trial. *Nutrients*. 2020 Jun 19;12(6):1828.
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- Rybak, I., et al. (2021). Prospective randomized controlled trial on the effects of almonds on facial wrinkles and pigmentation. *Nutrients*, 13(3), 785.
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* All highlighted studies used for the included research topics have been funded by the Almond Board of California.

**These findings are limited and more research is needed to confirm the results; however, the study suggests almonds' potential role for skin health.