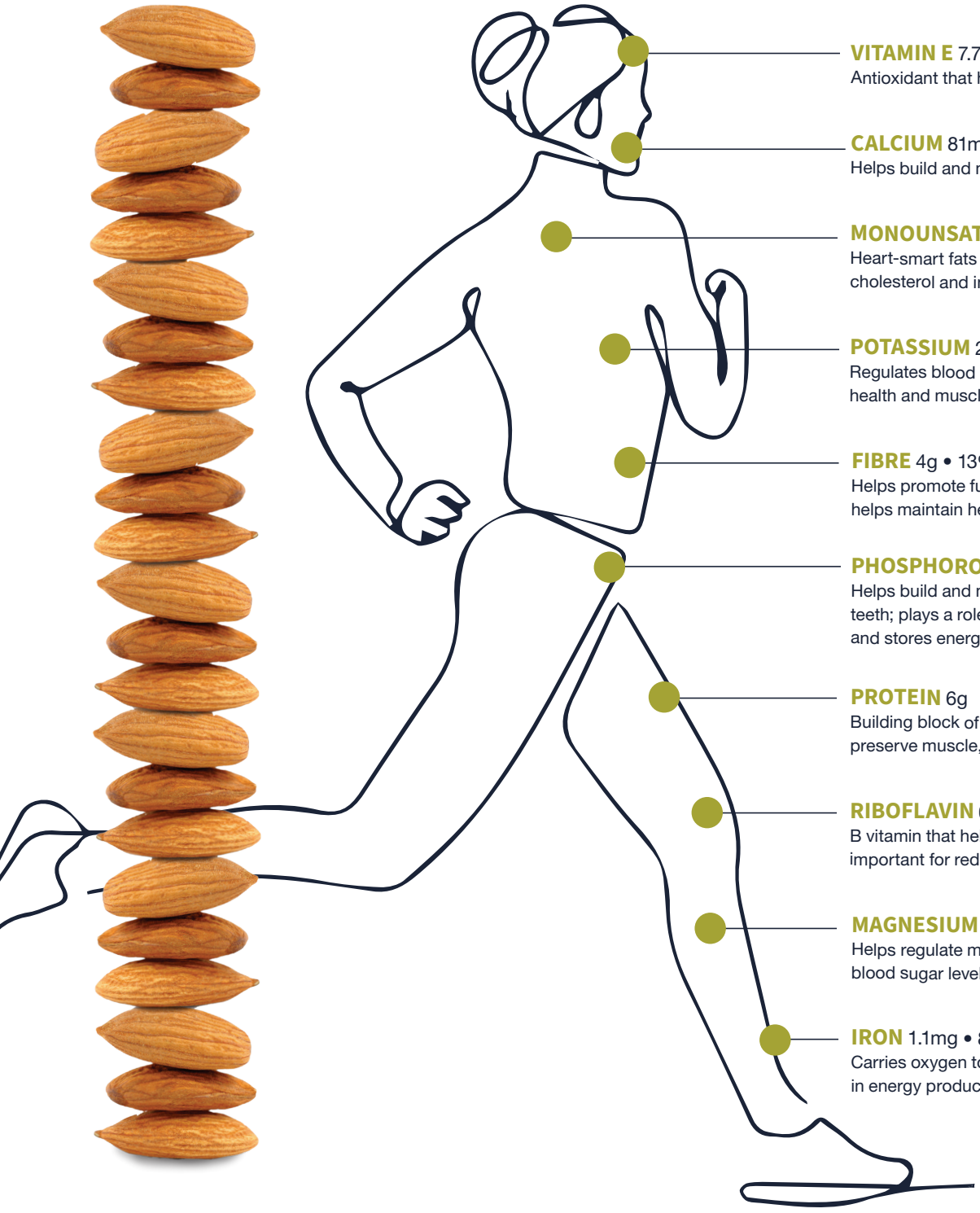
# HEAD-TO-TOE NUTRITIONAL BENEFITS

## IN A 30-GRAM SERVING OF ALMONDS

**30 GRAMS =**
**23 ALMONDS***



**VITAMIN E** 7.7mg • 60% NRV
Antioxidant that helps protect cells from damage.

**CALCIUM** 81mg • 10% NRV
Helps build and maintain strong bones and teeth.

**MONOUNSATURATED FATS** 9.5g
Heart-smart fats that help decrease LDL (“bad”) cholesterol and increase HDL (“good”) cholesterol.

**POTASSIUM** 220mg
Regulates blood pressure; important for heart health and muscle contraction.

**FIBRE** 4g • 13% DV
Helps promote fullness and digestive health; helps maintain healthy blood sugar levels.

**PHOSPHOROUS** 144mg • 21% NRV
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.

**RIBOFLAVIN** 0.3mg • 24% NRV
B vitamin that helps convert food into fuel; important for red blood cell production.

**MAGNESIUM** 81mg • 22% NRV
Helps regulate muscle and nerve function, blood sugar levels and blood pressure.

**IRON** 1.1mg • 8% NRV
Carries oxygen to all body cells; plays a role in energy production.

* Source for all nutrient values: USDA National Nutrient Database for Standard Reference, Legacy Release (April 2018) for raw almonds (12061) (USDA, 2018).
All values are based on a 30-gram serving of almonds.

Source for all nutrient functions: Regulation EC (No) 1924/2006.

The Nutrient Reference Value (NRV) percentage helps you determine how much of a particular nutrient a food contributes to average daily needs. Each nutrient is based on 100% of the daily requirement (for a 2,000-calorie diet).



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

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, the nutrients in almonds may promote feelings of fullness, which provide energy throughout the day.

### HEALTHY BLOOD SUGAR LEVELS

The unique nutrient package in almonds—including 4g of slow-digesting fibre, 6g of plant protein, 9g of good monounsaturated fat, only 1 gram of saturated fat per 30-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 research[11] reported that eating 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.CO.UK


1. 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.
2. Musa-Veloso, K., et al. (2016). The effects of almond consumption on fasting blood lipid levels: a systematic review and meta-analysis of randomised controlled trials. J Nutr Sci vol. 5 e34. 16.
3. 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.
4. Dikariyanto V., et al. Snacking on whole almonds for 6 weeks improves endothelial function and lowers LDL cholesterol but does not affect liver fat and other cardiometabolic risk factors in healthy adults: the ATTIS study, a randomized controlled trial. Amer J of Clin Nutr 2020;111(6): 1178–1189.
5. Fraser, G.E., et al. (2002). Effect on body weight of a free 76 Kilojoule (320 calorie) daily supplement of almonds for six months. J Am Coll Nutr, 21(3), 275–283.
6. Jaceldo-Siegl, K., et al. (2004). Long-term almond supplementation without advice on food replacement induces favourable nutrient modifications to the habitual diets of free-living individuals. Br J Nutr, 92(3), 533–540.
7. Hollis, J., & Mattes, R. (2007). Effect of chronic consumption of almonds on body weight in healthy humans. Br J Nutr, 98(3), 651–656.
8. Tan, S.Y., & Mattes, R.D. (2013). Appetitive, dietary and health effects of almonds consumed with meals or as snacks: a randomized, controlled trial. Eur J Clin Nutr, 67(11), 1205–1214.
9. Carter S., et al. Almonds vs. carbohydrate snacks in an energy-restricted diet: Weight and cardiometabolic outcomes from a randomized trial. Obesity. 2023 Oct;31(10):2467-2481.
10. Gulati, S., et al. (2023). Premeal almond load decreases postprandial glycaemia, adiposity and reversed prediabetes to normoglycemia: A randomized controlled trial. Clin Nutr ESPEN, 54, 12–22.
11. Nieman, D.C., et al. (2023). Almond intake alters the acute plasma dihydroxy-octadecenoic acid (DiHOME) response to eccentric exercise. Front Nutr, 9, 1042719.
12. Foolad, N., et al. (2019). Prospective randomized controlled pilot study on the effects of almond consumption on skin lipids and wrinkles. Phytother Res, 33(12), 3212–3217.
13. Rybak, I., et al. (2021). Prospective randomized controlled trial on the effects of almonds on facial wrinkles and pigmentation. Nutrients, 13(3), 785.
14. Li, J.N., et al. (2021). Almond consumption increased UVB resistance in healthy Asian women. J Cosmet Dermatol, 20(9), 2975–2980.


* 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.


california almonds®
Almond Board of California