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Almonds

Raw almonds are packed with nutrients such as healthy fats (MUFAs) and protein. Sterols in almonds can help lower cholesterol.



Health Benefits of Almonds

1 ounce raw almonds (about 24) provides:

- 165 Calories, 6 gm protein, 3.5 gm fiber, 14 gm fat, no cholesterol

Potential benefits of consuming almonds:

- Omega-3 fatty acids in almonds can decrease inflammation, lower cholesterol and triglycerides, and reduce risk of heart disease
- Contain healthy unsaturated fats, fiber and the antioxidant vitamin E
- Good source of calcium, phosphorus and magnesium for healthy bones, teeth and muscle contraction, including the heart muscle
- Although high in Calories, almonds may lower risk of obesity
- Choose raw almonds over salted, roasted, or other flavors to avoid added calories, salt, and sugar. Aim for 2 or more 1-oz servings per week
- Eat whole almonds as a snack, add sliced almonds to oatmeal, yogurt, or salad, toss in muffins, pancakes or smoothies, or make almond milk

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