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Potential benefits of consuming almonds: 1 ounce raw almonds (about 24) provides:

teeth and muscle contraction, including the heart muscle

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

Omega-3 fatty acids in almonds can decrease inflammation, lower

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salad, toss in muffins, pancakes or smoothies, or make almond milk

 Choose raw almonds over salted, roasted, or other flavors to avoid Although high in Calories, almonds may lower risk of obesity

Eat whole almonds as a snack, add sliced almonds to oatmeal, yogurt, or

Good source of calcium, phosphorus and magnesium for healthy bones,

Contain healthy unsaturated fats, fiber and the antioxidant vitamin E

cholesterol and triglycerides, and reduce risk of heart disease

added calories, salt, and sugar. Aim for 2 or more 1-oz servings per week

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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
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