

# UNLEASH THE CRUNCH POWER OF ALMONDS

## THERE'S SERIOUS POWER

in the crunch of almonds, with energizing protein, hunger-fighting fiber and essential nutrients in every healthy handful.\* Ounce for ounce, almonds are the tree nut highest in fiber, calcium, vitamin E, riboflavin and niacin. They are also one of the highest sources of hard-to-get magnesium and among the nuts highest in protein. Talk about good things coming in small packages!

## JUST ONE OUNCE PER DAY

is a satisfying way to help you get more of the nutrients your body needs to dominate the day.

## ALMONDS HELP YOU GET MORE

of the nutrients your body craves, like protein, fiber and good fats.\* Whether at home, work or on the go, almonds are a satisfying, versatile way to fuel healthy, active lifestyles and an easy way to add a powerful crunch to everyday meals and snacks.



**1 OUNCE = 23 ALMONDS**

### PROTEIN 6g

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

### FIBER 4g • 13% DV

Helps promote fullness and digestive health; helps maintain healthy blood sugar levels.

### MONOUNSATURATED FATS 9g

Heart-smart fats that help decrease LDL ("bad") cholesterol and increase HDL ("good") cholesterol.

### VITAMIN E 7.3mg • 50% DV

Antioxidant that helps protect cells from damage and promotes healthy skin and hair.

### POTASSIUM 210mg • 4% DV

Regulates blood pressure; important for heart health and muscle contraction.

### CALCIUM 75mg • 6% DV

Helps build and maintain strong bones and teeth.

### MAGNESIUM 76mg • 20% DV

Helps regulate muscle and nerve function, blood sugar levels and blood pressure.

### RIBOFLAVIN 0.3mg • 25% DV

B vitamin that helps convert food into fuel; important for red blood cell production.

### NIACIN 1mg • 6% DV

B vitamin that supports energy production.

### PHOSPHOROUS 135mg • 10% DV

Helps build and maintain strong bones and teeth; plays a role in how the body uses and stores energy.

### IRON 1mg • 6% DV

Carries oxygen to all body cells; plays a role in energy production.

\*Good news about fat. U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

Notes: Source for all nutrient values: USDA Nutrient Database for Standard Reference, Release 28, 2015. All values are based on a one-ounce serving of almonds.

Source for all nutrient functions: Ross, C.R. editors, et al. (2014). Modern nutrition in health and disease (11th ed.). Philadelphia, PA: Lippincott Williams & Wilkins. Retrieved from <http://www.nutnet.ir/dl/Modern%202013.pdf>.

The Daily Value 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).