

WHEN SURVEYED

CONSUMERS

WERE ASKED TO NAME A 

NUTRITIOUS SNACK, APPLES 

AND ALMONDS

WERE THEIR **TOP CHOICES**

77%

OF CONSUMERS SURVEYED

PERCEIVE ALMONDS TO BE THE MOST

HEALTHFUL NUT 

1. 2015 North America Consumer AAU. Sterling-Rice Group. January 2015.

Learn more at almonds.com/food-professionals

ALMONDS

ARE THE **#1 NUT**

CONSUMERS ASSOCIATE

— WITH — 

SNACKING & 

BREAKFAST

IN FACT,

U.S. CONSUMERS SURVEYED

EAT ALMONDS

AN AVERAGE OF

9.7x PER MONTH

1. 2015 North America Consumer AAU. Sterling-Rice Group. January 2015.

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CONSUMERS

 **SURVEYED**

 **RANKED ALMONDS**

HIGHEST 

AMONG NUTS 

FOR BEING:

80%

“NUTRITIOUS”

73%

“SOURCE OF ENERGY”

74%

“GOOD FOR YOUR HEART”^{1,2}

1. 2015 North America Consumer AAU. Sterling-Rice Group. January 2015.
2. Scientific evidence suggests, but does not prove, that eating 1.5 ounces of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28 grams) has 13g of unsaturated fat and only 1 gram of saturated fat.

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