

MENU COMPARISON



According to a recent report by the 2015 Dietary Guidelines Advisory Committee (DGAC), the American diet falls short in several nutrients, including vitamins A, C, D and E; folate; calcium; magnesium; fiber; and potassium. The DGAC also noted that current dietary patterns are too high in refined grains, saturated fat, added sugars and sodium.

Almonds are a nutrient-dense food, popular as a snack, that can help people close the gap in shortfall nutrient intakes and follow a higher plant-based diet. As highlighted in the 2015 DGAC report, “consistent evidence indicates that, in general, a dietary pattern that is higher in plant-based

foods... [like almonds], and lower in animal-based foods is more health-promoting than is the current average U.S. diet.” Almonds are an excellent source of vitamin E, magnesium and manganese, and a good source of fiber, copper, phosphorous and riboflavin. A one-ounce serving has 13 grams of “good” unsaturated fats, just 1 gram of saturated fat and is cholesterol-free!

When compared ounce for ounce, almonds are the tree nut highest in protein, fiber, calcium, vitamin E, riboflavin and niacin. They can easily be added to or substituted in meals and snacks throughout the day to help Americans meet nutrient requirements.

The following menu model showcases how simple swaps with almonds can increase important nutrients, such as monounsaturated fat, calcium and vitamin E, while also decreasing nutrients that are overconsumed, such as saturated fat and sodium.

	2,000 kcal without Almonds	2,000 kcal with Almonds
Breakfast	<ul style="list-style-type: none"> • 1 cup nonfat milk • 1/2 cup strawberries • 1 cup oatmeal prepared with water • 1 Tbsp. brown sugar 	<ul style="list-style-type: none"> • 1 cup nonfat milk • 1/2 cup strawberries • 1 cup oatmeal prepared with water • 1 Tbsp. brown sugar
Morning Snack	<ul style="list-style-type: none"> • 1 medium apple • 10 pretzels 	<ul style="list-style-type: none"> • 1 medium apple • 1 oz. almonds
Lunch	<ul style="list-style-type: none"> • Turkey sandwich (2 slices whole-grain bread; 2 oz. oven-roasted turkey breast; 1 slice swiss cheese; 2 tsp. mustard, 2 tsp. mayonnaise) • Salad (2 cups spinach; 1/2 cup cherry tomatoes; 1/2 cup grated carrots; 2 Tbsp. Italian salad dressing) 	<ul style="list-style-type: none"> • Turkey sandwich (2 slices whole-grain bread; 2 oz. oven-roasted turkey breast; 1 slice swiss cheese; 2 tsp. mustard; 2 tsp. mayonnaise) • Salad (2 cups spinach; 1/2 cup cherry tomatoes; 1/2 cup grated carrots; 2 Tbsp. Italian salad dressing)
Dinner	<ul style="list-style-type: none"> • 3.5 oz. broiled salmon • 1 cup steamed broccoli • 1 Tbsp. grated parmesan • 1 cup white rice 	<ul style="list-style-type: none"> • 3.5 oz. broiled salmon • 1 cup steamed broccoli • 1 Tbsp. grated parmesan • 1 cup white rice
Evening Snack	<ul style="list-style-type: none"> • 1 cup blueberries • 1 cup Greek yogurt, plain, nonfat • 1/4 cup chia seed granola • 1 Tbsp. honey 	<ul style="list-style-type: none"> • 1 cup blueberries • 1 cup Greek yogurt, plain, nonfat • 1/2 oz. sliced almonds • 1 Tbsp. honey
My Plate Recommendation	<ul style="list-style-type: none"> • Grains: 8.11 oz. equivalents • Vegetable: 2.85 cup equivalents • Fruit: 3.15 cup equivalents • Dairy: 2.73 cup equivalents • Protein: 5.5 oz. equivalents 	<ul style="list-style-type: none"> • Grains: 5.99 oz equivalents • Vegetable: 2.85 cup equivalents • Fruit: 3.15 cup equivalents • Dairy: 2.73 cup equivalents • Protein: 8.5 oz. equivalents

These tables compare the nutrient values of the 2,000 kcal meal plans with and without almonds. Cohering to DGAC recommendations, the meal substituted with almonds increases monounsaturated fat and levels of vitamin E, calcium and potassium, while also reducing sodium.

	2,000 kcal without Almonds*	2,000 kcal with Almonds*
Calories (%DV)	2,010 kcal (101 %)	1,940 kcal (97%)
Fat (%DV)	52g (80%)	68g (105%)
Sat Fat (%DV)	15g (74%)	15g (74%)
Poly Fat (%DV)	16g	19g
Mono Fat (%DV)	15g	27g
Cholesterol (%DV)	160mg (53%)	160mg (53%)
Carbohydrate (%DV)	285g (95%)	234g (78%)
Fiber (%DV)	32g (128%)	33g (132%)
Protein (%DV)	110g	111g
Vitamin A (%DV)	19,356 IU (390%)	19,357 IU (390%)
Vitamin C (%DV)	207mg (280%)	207mg (280%)
Calcium (%DV)	1,157mg (120%)	1,258 mg (130%)
Iron (%DV)	15.9g (90%)	14.4g (80%)
Sodium (%DV)	2,500mg (100%)	1,740mg (70%)
Potassium (%DV)	3,418mg (100%)	3,637mg (100%)
Vitamin E (%DV)	11 IU(40%)	27 IU (90%)
Magnesium (%DV)	558mg (150%)	554mg (180%)
Copper (%DV)	1.1mg (120%)	1.4mg (160%)
Phosphorus (%DV)	1,879mg (270%)	2,017mg (290%)
Niacin (%DV)	22.82mg (160%)	21mg (150%)
Riboflavin (%DV)	2.31mg (210%)	2.5mg (230%)
Folate (%DV)	688mcg (170%)	598mcg (150%)



*Note: Expressed values are based on FDA rounding rules.

Visit Almonds.com for more information, research and resources on the health benefits of almonds.

1. According to the U.S. Food and Drug Administration, "Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease." U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28 grams, or about 23 almonds) has 13 grams of unsaturated fat and only 1 gram of saturated fat.

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