

HOW ALMONDS FIT INTO MULTIPLE DIETARY PATTERNS



Americans consume less fruit, vegetables, whole grains, milk and milk products, and oils than what is recommended. As a result, dietary intake of several key nutrients—dietary fiber, potassium, calcium and vitamin D—are low enough to be of public health concern. On the other hand, the population consumes too much saturated fat, sodium and refined grains!

The following chart shows food groups and nutrients that are emphasized (+), or not (–), among various healthy eating patterns.

Fortunately, there are multiple eating patterns that can help Americans increase intake of the food groups and nutrients they are lacking while limiting those they tend to get too much of. While each of these dietary patterns is unique, they have all been shown to promote long-term and/or short-term health, including a reduced risk for chronic disease (e.g., cardiovascular disease), lower blood pressure, lower levels of obesity and lower total mortality!



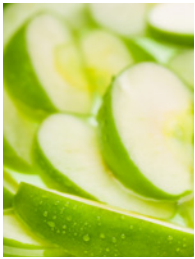



	Vegetables	Fruits	Whole Grains	Refined Grains	Dairy Products	Lean Meat, Poultry, Seafood	Red and Processed Meat	Eggs	Beans and Peas	Soy Products	Nuts and Seeds	MUFA	PUFA	Saturated Fat	Sodium	Added Sugar	Red Wine
USDA Food Pattern	+	+	+	–	+	+	•	+	+	+	+	+	+	–	–	–	•
Dietary Approaches to Stop Hypertension (DASH)	+	+	+	–	+	+	–	•	+	•	+	+	+	–	–	–	•
Mediterranean-Style	+	+	+	•	+	+	•	•	+	•	+	+	•	–	–	–	+
Lacto-Ovo Vegetarian	+	+	+	•	+	–	–	+	+	+	+	+	+	–	–	–	•
Vegan	+	+	+	•	–	–	–	–	+	+	+	+	+	–	–	–	•

+ Increase – Decrease • No specific recommendations

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

Almonds fit into multiple eating patterns and, on top of that, years of research show that 1.5 ounces of almonds eaten daily can help maintain a healthy heart.² At this intake level, almonds pack in **9 grams of protein** and **5 grams of fiber** to help satisfy the body and sustain energy. Additionally, by eating 1.5 ounces almonds for heart-health benefits, you are taking in **18 grams of unsaturated “good” fats**³ and 12 vitamins and minerals, including calcium (12% DV) and potassium (8% DV). Incorporating just 1.5 ounces of almonds every day, as part of an overall healthy eating pattern, can boost intake of good fats and fiber, and help close nutrient gaps.

Here are some ways 1.5 ounces of almonds fit into various 2,000 kcal dietary patterns.

	Breakfast	Mid-Morning Snack	Lunch	Dinner	Evening Snack
USDA Food Pattern	<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 medium apple 4 low-sodium, wheat crackers 1 oz. almonds 	<ul style="list-style-type: none"> Turkey sandwich (2 slices whole-grain bread; 2 ounces 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"> 3.5 oz. broiled salmon 1 cup steamed broccoli 1 Tbsp. grated parmesan 1 cup white rice 	<ul style="list-style-type: none"> 1 cup blueberries 1 cup Greek yogurt, plain, nonfat 1/2 oz. sliced almonds 1 Tbsp. honey 
Dietary Approaches to Stop Hypertension (DASH)	<ul style="list-style-type: none"> 1 cup nonfat milk 1 1/2 cups oat cereal 1/2 cup orange juice 	<ul style="list-style-type: none"> 1 medium apple 1 cup Greek yogurt, plain, nonfat 1 tsp. honey 	<ul style="list-style-type: none"> 3.5 oz. roasted chicken breast 1 cup broccoli 1 cup whole-wheat spaghetti 1/2 cup crushed canned tomatoes 2 tsp. olive oil 	<ul style="list-style-type: none"> 3 oz. broiled cod 1 oz. slivered almonds 1 cup long-grain white rice 1/2 cup garbanzo beans 7 asparagus spears 	<ul style="list-style-type: none"> 2 Tbsp. almond butter 1/2 banana 1 slice whole-wheat bread
Mediterranean-Style	<ul style="list-style-type: none"> 1 cup nonfat milk 1/2 cup strawberries 1 cup oatmeal prepared with water 1 hard-boiled egg 	<ul style="list-style-type: none"> 1 medium apple 1 oz. almonds 	<ul style="list-style-type: none"> Chicken spinach salad (3.5 oz. roasted chicken breast; 2 cups spinach; 1/2 cup cherry tomatoes; 1/2 oz. slivered almonds; 1/2 cup red kidney beans, canned; drained, rinsed; 1 Tbsp. olive oil; 1 Tbsp. balsamic vinegar) 1 small whole-wheat pita 	<ul style="list-style-type: none"> 2.5 oz. broiled salmon 7 asparagus spears 1 Tbsp. olive oil 1 cup white rice 5 oz. red wine 	<ul style="list-style-type: none"> 1/2 cup blueberries 1 cup Greek yogurt, plain, nonfat 1 Tbsp. honey 
Lacto-Ovo Vegetarian	<ul style="list-style-type: none"> 1 cup orange juice 1 egg 2 cups spinach 1/2 sweet potato 	<ul style="list-style-type: none"> 1 cup blueberries 1 cup Greek yogurt, plain, nonfat 2 Tbsp. almond butter 1/4 cup granola 	<ul style="list-style-type: none"> 1 cup broccoli 1 cup whole-wheat spaghetti 1 oz. slivered almonds 1/2 cup crushed tomatoes 1 oz. mozzarella cheese 1 Tbsp. olive oil 	<ul style="list-style-type: none"> 2 oz. firm tofu 1 cup kale 1/2 cup white beans 1 cup cooked quinoa 1 cup milk, nonfat 	<ul style="list-style-type: none"> 1 small whole-wheat pita 2 Tbsp. hummus 1 medium carrot, sliced 
Vegan	<ul style="list-style-type: none"> 1 cup soymilk 1 medium apple 2 cups spinach 1/2 cup pineapple 1/4 cup rolled oats 	<ul style="list-style-type: none"> 2 Tbsp. almond butter 1 banana 	<ul style="list-style-type: none"> 1 cup broccoli 1 cup whole-wheat spaghetti 1 oz. slivered almonds 1/2 cup garbanzo beans 	<ul style="list-style-type: none"> 3 oz. firm tofu 1/2 cup collard greens 1 medium baked potato 1 cup black beans 1 cup white rice 	<ul style="list-style-type: none"> 1 cup sliced cucumber 4 Tbsp. hummus 1 medium carrot, sliced

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

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
 2. 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.
 3. U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated.