

# ONE POUND: INFINITE POSSIBILITIES



## SNACKING TO LOSE WEIGHT

Just one pound, or 16 ounces, of almonds can really go a long way. And that's good news because every single almond packs plenty of nutrition. Ounce for ounce, California Almonds are one of the most nutrient-dense nuts on earth. Compared to other tree nuts, almonds are highest in fiber, calcium, vitamin E, riboflavin and niacin. One ounce, about 23 almonds, provides 6 grams of protein, 4 grams of dietary fiber and 13 grams of monounsaturated and polyunsaturated fatty acids.

## ALMOND PERKS

Almonds are naturally:

- Cholesterol-free
- Low in saturated fat\*
- Gluten-free
- A low-glycemic-index food



## ALMOND HOW-TO

How can you make almonds a part of your daily diet? Almonds are versatile: whether you want to maintain your weight, fuel your workout, support healthy blood sugar levels or satisfy your appetite before your next meal, almonds can be a smart solution. Sweet, salty, crunchy or creamy, we've got your cravings covered. Check out the ideas below to make the most of this healthy nut.

FORM	QUICK IDEA	RECIPE†
Whole Almonds	Make Your Own Trail Mix	Basil-Pesto Almonds
Almond Butter	Pack an Almond Butter & Jelly Sandwich	Asian Noodle Bowl with Spicy Almond Sauce
Almond Milk	Pour over Oatmeal	Peach-Blackberry Smoothie
Sliced Almonds	Toss into Salads	Primavera Pasta Amandine
Diced Almonds	Mix into Pancake Batter	Almond-Goat Cheese Spread
Slivered Almonds	Add to Vegetable Stir-Fry Dishes	Tropical Granola Parfait

\*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.

†Find these craveable recipes and more at [Almonds.com](http://Almonds.com).