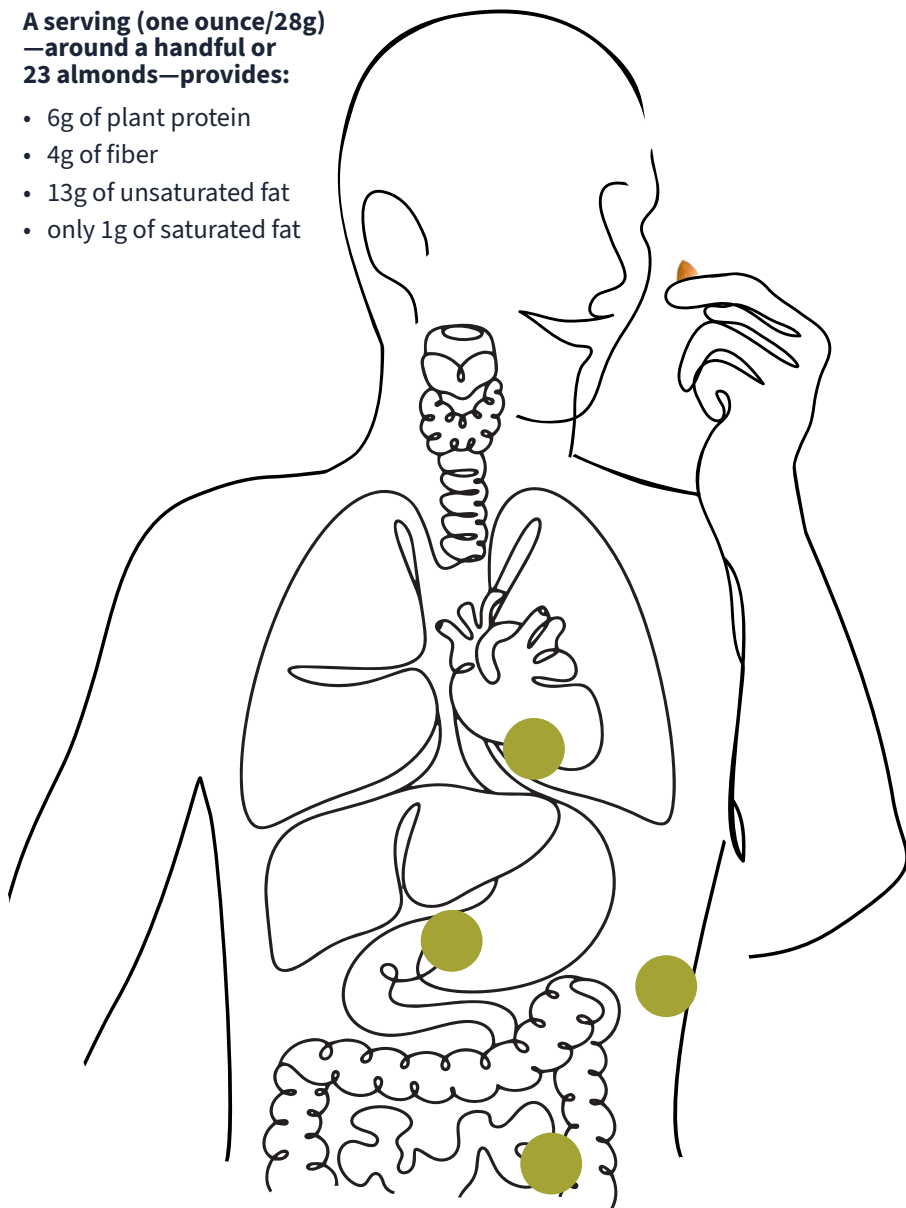


# Top Scientists Agree: Eating Almonds Daily is Good for our Heart, Gut and Waistline

Leading physicians and nutrition scientists from around the world reviewed the findings from hundreds of studies investigating almonds and health. They unanimously agreed on almond benefits, sharing their conclusions in a top nutrition journal.

**A serving (one ounce/28g)  
—around a handful or  
23 almonds—provides:**

- 6g of plant protein
- 4g of fiber
- 13g of unsaturated fat
- only 1g of saturated fat



## Scientists agree that eating almonds daily...

- Supports heart health by reducing cholesterol and diastolic blood pressure in small but significant amounts
- Aids gut health by increasing beneficial gut bacteria
- Does not result in weight gain; higher amounts (at least 50g or 1.8oz per day) may be associated with weight loss
- Helps control blood sugar in some groups of people\*

“Almonds represent a powerful nutrient package and are one of the most researched foods in the world. Researchers from around the globe unanimously concluded that almonds positively impact cardiometabolic health.”

Dr. Adam Drewnowski, co-author of the paper, professor of epidemiology at the University of Washington and world-leading nutrition expert

## Why is this important?

The scientists focused on how eating almonds affects the cardiovascular system (which includes our heart and blood vessels) and metabolism (how the body breaks down food)—also known as cardiometabolic health.

After reviewing the evidence, the scientists unanimously agreed that almonds support cardiometabolic health by helping to lower cholesterol, reduce blood pressure, control blood glucose in Asian Indians with prediabetes, manage weight and support a healthy gut. This in turn may help to lower the risk of serious health conditions such as heart disease, stroke and type 2 diabetes. The scientists published these conclusions in a top nutrition journal.

To boost cardiometabolic health, add a handful of almonds to your daily routine. Almonds are an ideal snack, and they're also perfect for topping cereal, yogurt and salads or adding to dishes like curries and stir-fries.

Paula R Trumbo, Jamy Ard, France Bellisle, Adam Drewnowski, Jack A Gilbert, Ronald Kleinman, Anoop Misra, John Sievenpiper, Maha Tahiri, Karol E Watson, James Hill, "Perspective: Current Scientific Evidence and Research Strategies in the Role of Almonds in Cardiometabolic Health," *Current Developments in Nutrition*, Volume 9, Issue 1, January 2025, 104516, <https://doi.org/10.1016/j.cdnut.2024.104516>.

Although these findings were agreed upon by the roundtable experts, several areas were identified that require further research. In general, experts recognized many of the studies reviewed had limited sample sizes, and there was a large heterogeneity among studies. The scientific roundtable was funded by the Almond Board of California.

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\*Asian Indians with prediabetes

  
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