

## **ALMONDS NUTRITION FACTS**

A small handful of dry roasted **almonds** not only makes a tasty snack, it is also very nutritious. Almonds are one of the healthiest nuts you can incorporate into your diet. To give you an idea of almond nutrition, one ounce of almond, approximately 22 kernels, is about 170 calories, 15 grams of fat and no cholesterol. It also gives you 3 grams of fiber, 6 grams of protein and a whole list of essential vitamins and minerals.

### **Fiber**

You want to take a minimum of 25 grams of fiber everyday to keep your digestive system healthy. One ounce of almonds contributes to 13% of this amount. Almonds have been known to promote faster movement of food through your system, which makes it a great help to weight loss and bowel regulation.

### **Good Fats**

Though the fat content of almonds does seem relatively high, it is mostly composed of monounsaturated and polyunsaturated fatty acids, which are very beneficial to your health.

- **Oleic acid:** It is the monounsaturated fatty acid in almonds. It's a powerful antioxidant that can protect women against breast cancer. It can also significantly lower the amount of LDL in your blood, and reduce your risk for heart disease.
- **Linoleic acid:** This unsaturated omega-6 fatty acid is also a strong fat-soluble antioxidant. It has been found effective in the prevention of several forms of cancer and inflammation.

### **Vitamin**

One ounce of almonds can give you about 37% RDV of vitamin E. This is perhaps the most important fat-soluble antioxidant that protects your membranes from free radical attacks. Vitamin E is an invaluable vitamin for hair and skin care, and having an adequate intake of vitamin E can effectively improve your complexion and slow down your aging process. Vitamin E is also known to help improve your blood profile by reducing your LDL.

### **Riboflavin**

Riboflavin is another name for vitamin B2. It takes part in your body's energy production and protein synthesis. Elevated levels of riboflavin can help speed up your metabolism, and works well in weight control. One ounce of almonds contains 14% RDV of

riboflavin. Having a small serving of almonds one hour before you hit the gym can help increase your calorie burn.

## **Magnesium**

The magnesium content per ounce of almonds is about 20%. You need this mineral for energy production, blood pressure control and DNA synthesis. Regular intake of almonds can effectively prevent the onset of high blood pressure and protect you from other diseases like ADHD, asthma and osteoporosis.

## **Copper**

You get 17% of your RDV of copper by eating 22 almonds. Copper is a structural component for a number of enzymes and is needed to facilitate iron absorption. You need this mineral to keep your blood well oxygenated and your body energized. Inadequate copper intake can lead to anemic symptoms like fatigue, dizziness and shortness of breath.

## **Manganese**

Manganese is another essential mineral that is found in almonds. Twenty-two kernels can provide you with 37% RDV of manganese. It is an antioxidant that can effectively protect you from bacterial and viral infections. Eating some almonds everyday can really help you detoxify your body and build up a strong immunity system.