

A background image showing a close-up of almonds. The top and bottom sections show brown, textured almonds, while the middle section is a green overlay with the word "Almonds" in white text.

Almonds

Health Benefits of Almonds

Calorie-dense almonds are packed with nutrients such as healthy fats and protein. Sterols in almonds can help lower cholesterol.

1 ounce whole raw almonds (about 24) provides:

- 165 Calories, 6 gm protein, 3.5 gm fiber, 14 gm fat, no cholesterol

Potential benefits of consuming almonds:

- Omega-3 fatty acids in almonds can decrease inflammation, lower cholesterol and triglycerides, and reduce risk of heart disease
- Contain healthy unsaturated fats, fiber, and the antioxidant vit E
- Good source of calcium, phosphorus and magnesium for healthy bones, teeth and muscle contraction, including the heart muscle
- Although high in Calories, almonds may lower risk of obesity
- Choose raw almonds over salted, roasted, or candy coating which add calories, salt and sugar
- Aim for 2 or more 1-oz servings/wk. Store in fridge or freezer
- Eat almonds as a snack, or add sliced almonds to oatmeal, yogurt, salad, toss in muffins or smoothies, or make almond milk

For more Healthy Bytes Initiative information, visit:
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