

# Nuts for Almonds

## Health Benefits of Almonds

### 1. Lowers LDL Cholesterol and Reduces Risk of Heart Disease

- Almonds are especially rich in mono-unsaturated fatty acids that help to lower **LDL** or "bad cholesterol" and increase HDL or "good cholesterol".
- Monounsaturated fat (found in olive oil too) helps to prevent coronary artery disease and strokes by favoring a healthy blood lipid profile.
- Fortunately, although one-quarter cup of almonds contains about 18 grams of fat, most of it (17 grams) is heart-healthy monounsaturated fat.



### 2. Antioxidant Protection

- The nuts are an excellent source of **vitamin E**; they contain about 35% of our daily requirement.
- Vitamin E is a powerful lipid soluble antioxidant, required for maintaining the integrity of the cell membrane and skin by protecting it from harmful free radicals.

### 3. Rich in Fibre, Magnesium and Potassium

- A quarter-cup of almonds contains almost 99 mg of **magnesium** (24.7% of the daily value), which lessens resistance and improves the flow of blood, oxygen and nutrients throughout the body.
- Studies show that a deficiency of magnesium is not only associated with heart attack but that immediately following a heart attack, lack of sufficient magnesium promotes free radical injury to the heart.
- Almonds promote your cardiovascular health by providing 257 mg of **potassium** and only 0.3 mg of sodium, making almonds an especially good choice in protecting against high blood pressure and atherosclerosis. Potassium is an important electrolyte involved in nerve transmission and the contraction of all muscles including the heart. Potassium is essential for maintaining normal blood pressure and heart function.

### How Much Should I Eat?

According to Canada's Food guide, 1 serving of shelled nuts is ¼ cup (60 ml).



#### Did You Know?

1 serving (1/4 cup) of raw almonds contains:

- 200 calories
- 8 grams of protein
- 4 grams of dietary fiber
- Only 1 gram of saturated fat and 17 grams of "good" mono and polyunsaturated fats.
- 8% Daily Value of calcium, for those with a dairy intolerance
- 35% Daily Value of vitamin E [antioxidant powerhouse]

### Incorporate Almonds into your Diet

- Spread some nut butter on your morning toast or bagel.
- Fill a celery stick or apple slices with nut butter for an afternoon pick-me-up.
- Sprinkle a handful of nuts over your morning cereal, lunchtime salad, dinnertime steamed vegetables.
- Or just enjoy a handful of nuts as a healthy snack.