



HEARTFELT RECOMMENDATIONS

IT'S IN THE DIET

Heart health is influenced by several factors, many of which are diet related. With the growing number of Americans with heart disease, it is becoming even more important for practitioners like you to promote heart-healthy diets. Your patients can do many things to decrease their risk of developing heart disease, perhaps none quite as easy as adding the perfect portion of California Almonds to their daily routines.

California Almonds contain the “good” mono- and polyunsaturated fats and are low in saturated fat, making them a deliciously tempting option for smarter meals and snacks. And nearly two decades of research show that they may also help maintain a healthy heart. In fact, the U.S. Food and Drug Administration released a health claim in 2003 recognizing that California Almonds can help you maintain healthy cholesterol levels.

The claim states: Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

1. Joice C, Lapsley K, Blumberg JB. 2008. Almonds as a value added ingredient: Benefits of a nutrient rich, high fibre nut. *Agro Food Ind. Hi Tec.* 19(3):16-18.
2. Jenkins DJA, Kendall CWC, Marchie A, Josse AR, Nguyen TH, Faulkner DA, Lapsley KG, Blumberg J. 2008. Almonds reduce biomarkers of lipid peroxidation in older hyperlipidemic subjects. *J. Nutr.* 138(11):908-913.
3. Jenkins DJA, Kendall CWC, Josse AR, Salvatore S, Brighenti F, Augustin LSA, Ellis PR, Vidgen E, Rao AV. 2006. Almonds decrease postprandial glycemia, insulinemia and oxidative damage in healthy individuals. *J. Nutr.* 136:2987-2992.

IT'S IN THE RESEARCH

Almonds contain many nutrients that contribute to heart health, namely fiber, monounsaturated fat, vitamin E and phytochemicals! Research has shown that these nutrients not only help reduce the risk of cardiovascular disease, but may also protect against obesity, cancer and diabetes by promoting satiety, contributing to healthy cholesterol levels and helping regulate blood sugar!

A recent study published in the *Journal of Nutrition* showed that compared to controls, participants who ate almond-containing meals lost more weight and experienced greater improvements in their cholesterol profiles, two of the major contributing factors to heart health. That same research also documented increased alpha-tocopherol (vitamin E) levels among the participants who consumed almonds.² Vitamin E is thought to promote cardiovascular health by protecting against oxidative damage.³

Almonds are a smart snack that offers many heart-healthy nutrients. More than 17 years of research and nine clinical studies support the role of almonds in helping to maintain a healthy heart and healthy cholesterol levels. (To learn more, please visit AlmondBoard.com/9studies.) In addition, a one-ounce, 160-calorie handful of almonds (about 23) provides protein (6g) and fiber (3.5g) and is an excellent source of vitamin E (7.4g) and magnesium (76mg). A perfect one-ounce portion of almonds also offers potassium (200mg), calcium (75mg) and iron (1mg).



GET THE GOOD STUFF

Take a positive approach to heart health. Just a handful of California Almonds provides several key nutrients that contribute to cardiovascular health. And with these nutrients on your plate, you can enjoy each bite knowing that you are helping your heart.

	MONOUNSATURATED + POLYUNSATURATED FATS	FIBER	VITAMIN E + OTHER ANTIOXIDANTS	MAGNESIUM
WHY IS THIS GOOD FOR MY HEART?	If used in place of other fats, such as saturated and trans fats, these may lower your risk of heart disease by reducing total cholesterol and low-density lipoprotein (LDL) cholesterol levels in your blood.	Fiber can help improve cholesterol levels and may help with weight management by promoting feelings of satiety.	Antioxidants are thought to promote heart health by helping to decrease LDL cholesterol levels and protecting against oxidative damage.	Magnesium supports normal muscle and nerve function and helps keep heart rhythm steady.
WHERE CAN I FIND THESE NUTRIENTS?	<ul style="list-style-type: none"> Almonds Avocados Vegetable oils (including olive and canola oils) 	<ul style="list-style-type: none"> Almonds Fruits Vegetables Beans Whole grains 	<ul style="list-style-type: none"> Almonds Colorful fruits and vegetables Chocolate Whole grains 	<ul style="list-style-type: none"> Almonds Leafy greens (such as spinach) Legumes Whole grains
HOW MUCH SHOULD I AIM FOR EACH DAY?	Health professionals recommend keeping total fat intake between 25 and 35 percent of calories, with most fats coming from sources of monounsaturated and polyunsaturated fatty acids.	Aim for 25–35g of fiber per day.	Aim to get 15mg of vitamin E per day.	Aim to get 300–400mg of magnesium per day.
HOW MUCH CAN I GET FROM FOODS?	<ul style="list-style-type: none"> 1 oz. of almonds offers 13g. 3 slices of avocados offers 3.5g. 1 tbsp. vegetable oil offers 13g. 	<ul style="list-style-type: none"> 1 oz. of almonds offers 3.5g. 1 apple offers 4.4g. 1 slice of whole-wheat bread offers 4g. 	<ul style="list-style-type: none"> 1 oz. of almonds offers 7.43mg. 1 cup tomato sauce offers 3.48mg. 	<ul style="list-style-type: none"> 1 oz. of almonds offers 76mg. 1 cup spinach offers 24mg. 1/2 cup black beans offers 60mg.
HOW CAN I FIT THESE NUTRIENTS INTO MY DAY?	<ul style="list-style-type: none"> Add crunchy almonds to your chicken salad wrap for lunch. Finish your salad with olive oil and vinegar for a light and delicious dressing. 	<ul style="list-style-type: none"> Throw an almond granola bar in your gym bag. Fill your plate with colorful fruits and vegetables. 	<ul style="list-style-type: none"> Keep trail mix with your favorite dried fruit and almonds in your car. Boost flavor and nutrition to your sandwich with whole-grain bread and brightly colored vegetables. 	<ul style="list-style-type: none"> Throw spinach into your favorite soup or toasted almonds into your favorite salad for added flavor, nutrition and crunch. Pack mini sandwiches or whole-grain crackers for lunch.

References:

American Heart Association <http://www.americanheart.org>.

Mayo Clinic <http://www.mayoclinic.com>.

Cleveland Clinic http://my.clevelandclinic.org/heart/disorders/cad/vitamin_e.aspx.

National Institutes of Health Office of Dietary Supplements <http://ods.od.nih.gov/factsheets/magnesium.asp>.

USDA Nutrient Database <http://www.nal.usda.gov/fnic/foodcomp/search/>.

Jenkins DJA, Kendall CWC, Marchie A, Josse AR, Nguyen TH, Faulkner DA, Lapsley KG, Blumberg J. 2008. "Almonds reduce biomarkers of lipid peroxidation in older hyperlipidemic subjects." *J. Nutr.* 138(11):908-913.

Djousse L, Hopkins P, Arnett D, Pankow J, Borecki I, North K, Ellison R. "Chocolate consumption is inversely associated with calcified atherosclerotic plaque in the coronary arteries: The NHLBI Family Heart Study Clinical Nutrition." In press.

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. Scientific evidence suggests, but does not prove, that eating 1.5 oz of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

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