



SNACKING JUST GOT SMARTER

Eating smaller, more frequent meals throughout the day has gained popularity in recent years and it's easy to understand why. Snacks and mini-meals keep hunger at bay and can help sustain energy levels over the course of a busy work day or school day. But responsible munching between meals can do more than just curb cravings. Smart snacks multitask to aid in weight management while providing key nutrients. By recommending nutrient-packed and portion-controlled snacks, such as a handful of California Almonds (about 23), you can feel confident that your patients are snacking smart.

SMART SNACKING WON'T DERAIL THE BEST OF INTENTIONS

When cravings hit, reaching for the nearest snack doesn't have to derail your patients' best intentions. Whether they are striving to lose weight, manage diabetes or simply make healthier choices, you can help them move the needle from mindless munching to successful snacking by helping them plan ahead to make smart choices. Well-planned snacking occasions can help them reach their goals by curbing between-meal cravings, managing hunger and preventing overeating at mealtime, sustaining energy levels and providing opportunities to fit in important nutrients. In fact, research indicates that people who snack between meals are less likely to be obese or overweight.¹

SATISFACTION WITH EVERY BITE

Ensuring the appropriate portion size and the ideal nutrient composition of snacks can help your patients optimize their calories and manage their weight. A study published in the *American Journal of Clinical Nutrition* showed that subjects who consumed a snack of fiber and protein had lower hunger ratings and caloric intake during the subsequent meal than subjects who consumed a snack of protein alone.² A handful of almonds provides an ideal combination of protein, fiber and heart-healthy unsaturated fats to combat between-meal energy highs and lows and sustain satiety. In fact, research suggests that consuming two servings of almonds a day (about 23 almonds per serving) does not lead to weight gain.³

ALMONDS: A PERFECT SOLUTION

Smart snacking can also help your patients get all of the nutrients they need each day. A handful of almonds can help your patients fill their nutrient gaps⁴, especially for fiber, calcium and potassium—nutrients that are often lacking in the diets of both adults and children.⁵ A daily one-ounce portion (about 23) makes a great addition to any meal or snack, offering vitamin E (7.43mg), magnesium (76mg), potassium (200mg), fiber (3.5g), protein (6g), unsaturated fat (13g), saturated fat (1g), copper (0.3mg), calcium (75mg) and riboflavin (0.3mg).

MAKE IT WORK

See how a handful of almonds (about 23) can satisfy your hunger and easily fit into your weight-loss plan and diabetes exchange list. Here's how one serving fits into many popular diets:



- Snack bar replacement on the NutriSystem® Diet
- 4 POINTS® on the Weight Watchers® Diet
- Slim-Fast Meal Bar or Shake complement on the Slim-Fast® Plan
- Your MUFA serving for meals or snacks on the Flat Belly® Diet
- Perfect fit in phases 1, 2 and 3 on the South Beach® Diet
- 4 fats on Diabetic Exchange List

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