

UNLEASH THE CRUNCH POWER OF ALMONDS

THERE'S SERIOUS POWER

in the crunch of almonds, with energizing protein, fibre and essential nutrients in every healthy handful (30 grams). Almonds are also one of the highest sources of Vitamin E and among the nuts highest in protein. Talk about good things coming in small packages!

JUST 30 GRAMS PER DAY

is a satisfying way to help you get more of the nutrients your body needs to dominate the day.

ALMONDS HELP YOU GET

MORE of the nutrients your body craves, like protein, fibre and healthy unsaturated fats. Whether at home, work or on the go, almonds are a satisfying, versatile way to fuel healthy, active lifestyles and an easy way to add a powerful crunch to everyday meals and snacks.



1 PORTION = ABOUT 23 ALMONDS

PROTEIN 6g

Building block of the body; helps build and preserve muscle, bone, skin and nails.

FIBRE 4g • 13% DV

Helps promote fullness and digestive health; helps maintain healthy blood sugar levels.

MONOUNSATURATED FATS 9.5g

Heart-smart fats that help decrease LDL ("bad") cholesterol and increase HDL ("good") cholesterol.

VITAMIN E 7.7mg • 60% NRV

Antioxidant that helps protect cells from damage.

POTASSIUM 220mg

Regulates blood pressure; important for heart health and muscle contraction.

CALCIUM 81mg • 10% NRV

Helps build and maintain strong bones and teeth.

MAGNESIUM 81mg • 22% NRV

Helps regulate muscle and nerve function, blood sugar levels and blood pressure.

RIBOFLAVIN 0.3mg • 24% NRV

B vitamin that helps convert food into fuel; important for red blood cell production.

NIACIN 1.1mg • 7% NRV

B vitamin that supports energy production.

PHOSPHOROUS 144mg • 21% NRV

Helps build and maintain strong bones and teeth; plays a role in how the body uses and stores energy.

IRON 1.1mg • 8% NRV

Carries oxygen to all body cells; plays a role in energy production.

Notes: Source for all nutrient values: USDA National Nutrient Database for Standard Reference, Legacy Release (April 2018) for raw almonds (12061) (USDA, 2018).

All values are based on a 30-gram serving of almonds.

Source for all nutrient functions: Regulation EC (No) 1924/2006.

The Nutrient Reference Value (NRV) percentage helps you determine how much of a particular nutrient a food contributes to average daily needs. Each nutrient is based on 100% of the daily requirement (for a 2,000-calorie diet).