

Healthy Living with WHA

BENEFITS OF ALMONDS



DID YOU KNOW? One ounce of almonds contains approximately 160 calories, 6 grams protein, 14 grams fat (mostly monounsaturated), 3 grams fiber, no sodium or cholesterol.

HEALTH BENEFITS OF ALMONDS

Reduces the risk of heart disease

- The flavonoids and the Vitamin E in almond skin work synergistically to protect the artery walls [Tufts University]
- Help lower LDL “bad” cholesterol [Health Research and Studies Center]
- Consuming nuts five times a week has been shown to reduce heart attack risk by 50 percent [Loma Linda School of Public Health]

Improves brain function

- Riboflavin and L-carnitine found in almonds boosts brain activity and may protect against Alzheimer’s

Builds strong bones and teeth

- 1 ounce of almonds has the equivalent calcium content as ¼ cup of milk
- Phosphorus found in the skin of almonds promotes skeletal health

Aids in weight loss

- Contains healthy fats that help you feel fuller faster
- Lowers the rise in blood sugar and insulin after meals

HEALTHY RECIPE

INGREDIENTS

- 1 tablespoon chili powder
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground black pepper
- 2 cups whole almonds

SIMPLE SPICY ROASTED ALMONDS

INSTRUCTIONS

Preheat oven to 350°F.

In a medium bowl, combine chili powder, olive oil, kosher salt, cumin, coriander, cinnamon and pepper; add almonds and toss to coat.

Transfer mixture to a 13 x 9 x 2-inch baking pan.

Bake about 10 minutes or until almonds are toasted, stirring twice.

Cool almonds completely before serving.

Store in an airtight container for up to 5 days.

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