



Thank you for your interest in the almond industry and your support of the Almond Board of Australia (ABA).

Having subscribed to receive the ABA e-newsletter 'The Healthy Handful', you can now look forward to receiving a quarterly e-newsletter which will keep you informed and up-to-date with the latest industry news and research into the health benefits of almonds.

We hope you enjoy reading the following updates and continue to do so in the months ahead.

ALMONDS – A HEALTHY HANDFUL!

According to accredited practicing dietitian, Sara Grafenauer, there is significant scientific evidence to show that including 30 grams of almonds into a balanced daily diet helps lower LDL cholesterol.

In Australia, the majority of individual's saturated fat intake is too high. As a result, elevated blood cholesterol is a significant health issue, particularly LDL cholesterol.

Recent clinical studies have proven almond consumption to be linked to cholesterol reduction due to the replacement of saturated fats with monounsaturated fats.

Health professionals recommend individuals consume a healthy daily amount of monounsaturated fats and nutrients such as those found in almonds.



UPCOMING CONFERENCES



The ABA will be attending the upcoming major professional conferences:

- **Exercise and Sports Science Australia (ESSA) Conference:** April 9 - 11, 2010 (<http://www.essa.org.au/conference2010/>)
- **Dieticians Association of Australia (DAA) conference:** May 27 - 29, 2010 (<http://www.arinex.com.au/dietitians2010/>)
- **General Practitioners Conference and Exhibition (GPCE) Sydney conference:** May 21 - 23, 2010. (<http://www.gpce.com.au/sydney/>)

Follow the links for more information and to register. We encourage you to visit the ABA stand at each conference and pick up some of our great tasting almonds in the convenient heart-shaped tins.

We will also be giving a display carton of a dozen tins to all our health professional visitors.

RECIPE

The Easter break is just ahead of us! Whether it is to the beach, bush walk or relaxing picnic, a handful of Almond Trailblazer Mix will give you the energy to make the most of your holiday adventures. This recipe is quick and easy to make. Enjoy and happy Easter!

ALMOND TRAIL MIX

Ingredients

- 1 cup whole natural almonds
- 2/3 cup dried apricots, diced
- 2/3 cup sultanas
- 1/2 cup banana chips or dried apple
- 1/2 cup chocolate chips
- 1/3 cup roasted sunflower kernels

Method

Spread almonds in a single layer in shallow pan. Place in cold oven; toast at 180°C for 8-10 minutes, stirring occasionally, until lightly toasted. Remove from pan to cool. Toss with remaining ingredients until well mixed. Store in an airtight container. **Serves 12**



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