

THE SERIOUSLY HEALTHY HANDFUL

HEALTH

The natural healthy product that's high in protein and low in carbs

Perfect on so many indicators



Heart - High in monosaturated 'healthy' fat



Diabetes - Lowers the glycemic load when added to meals



Weight - Eating almonds makes you feel fuller for longer

GLUTEN FREE

Totally gluten free

Perfect for everyone and all conditions

FITNESS

The perfect sports recovery snack

Naturally high in protein and magnesium whilst being low in carbs

AFTER SCHOOL

Just the thing hungry school kids need

A handful gives them energy, minerals and vitamins

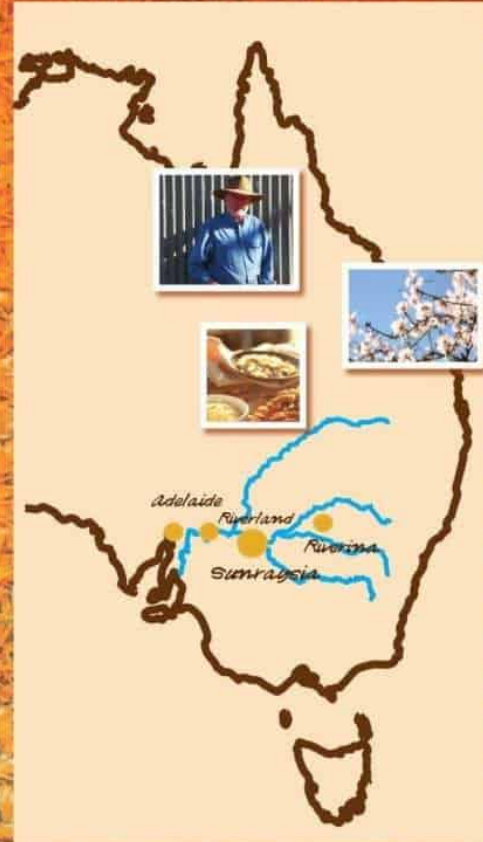




Nutrient content of natural almonds

Nutrient	Per 100g
Energy (kJ)	2503
Protein (g)	19.5
Arginine (g) ²	.5
Fat, total (g)	54.7
Fat, saturated (g) ³	.7
Fat, monounsaturated (g)	35.9
Fat, polyunsaturated (g)	12.8
Plant sterols (mg)	197
Carbohydrate, total (g) ⁴	.8
Carbohydrate, sugars (g) ⁴	.8
Dietary fibre (g)	8.8
Sodium (mg)	5.0
Potassium (mg)	740
Calcium (mg)	250
Magnesium (mg)	260
Phosphorus (mg)	480
Iron (mg)	3.9
Zinc (mg)	3.7
Copper (mg)	1.1
Manganese (mg)	2.5
Molybdenum (ug) ^(NUTTAB 2010)	24.7
Folate (ug)	29
Vitamin E (mg)	28.1
Total polyphenols (mg) ⁶	418

ALMOND GROWING AREAS



 LIKE US ON FACEBOOK