

# ADD A HEALTHY HANDFUL OF AUSSIE ALMONDS

A healthy handful of almonds a day is an easy way for everyone to use nutrition for improving heart and gut health. Dietary fibre, healthy fats, vitamin E, protein and more, make Australian almonds, the perfect snack and ingredient to add nutrition to a meal. If there is a daily habit to recommend, a handful of almonds a day is an easy one to start with.

**SIMONE AUSTIN**, Dietician





# FUEL YOUR DAY



## The Aussie Almond way

For one handful of almonds, you'll get:

### KYLE CHALMERS

Olympian & Australian  
Almonds Ambassador

#### Riboflavin (Vitamin B2)

For long-lasting  
energy and metabolism  
0.02 mg per serve – 2% of the RDI

#### Vitamin E

For cell protection and glowing skin  
79 mg per serve – 94% of the RDI

#### Phosphorus

For energy production  
and strong bones  
158 mg per serve – 16% of the RDI

#### Calcium

For stronger bones and teeth  
80 mg per serve – 8% of the RDI

#### Magnesium

For muscle recovery  
and mood balance  
80 mg per serve – 19% of the RDI

#### Protein

For muscle repair and satiety  
6 g per serve – 9% of the RDI

#### Iron

For oxygen transport  
and energy metabolism  
1 mg per serve – 13% of the RDI

#### Monounsaturated Fat

For a healthy heart and  
balanced cholesterol  
9 g per serve

#### Potassium

For blood pressure regulation  
and muscle contraction  
239 mg per serve – 6.3% of the RDI

#### Dietary Fibre

For gut health and  
blood sugar balance  
3.5 g per serve – 11% of the RDI

\*Serve = 30g

\*RDI = recommended daily intake,  
based on male 19-50 years.