



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.