

AUSTRALIAN ALMONDS HEALTH GUIDE



“A healthy handful of almonds a day is an easy way for everyone to use nutrition to improve 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, Accredited Practising Dietitian and Fellow of Sports Dietitians Australia



NATURE'S MULTIVITAMIN



25+ VITAMINS AND MINERALS

Including the highest amount of vitamin E of any nut.



MUSCLE RECOVERY

Provides protein, supporting muscle repair.



HEART HEALTH

Rich in monounsaturated 'good' fats and naturally free from cholesterol.



BRAIN SUPPORT

Just 30 g may help support brain function and cognitive health.

THE EVERYDAY INGREDIENT

Discover the Versatility of Australian Almonds



ROASTED WHOLE ALMONDS

Perfect for **snacking** or adding to main dishes for a satisfying crunch and a boost of flavour and nutrition.

Try them in stir-fries for a wholesome, protein-packed bite.



SLIVERED ALMONDS

Garnish dishes to add texture, visual appeal, and a delicate crunch.

Sprinkle over fresh salads for an easy finishing touch.



ALMOND MEAL

Substitute traditional flours in baking & desserts for moist, flavourful creations with added protein and healthy fats.

Ideal for muffins, cakes, and biscuits.



ALMOND PASTE

Add almond paste for a nourishing alternative to traditional spreads.

Spread on toast for a simple and delicious breakfast.

FOR RECIPE IDEAS, DOWNLOAD THE FREE CRUNCH COOKBOOK AT AUSTRALIANALMONDS.COM.AU