

ALMONDS

20

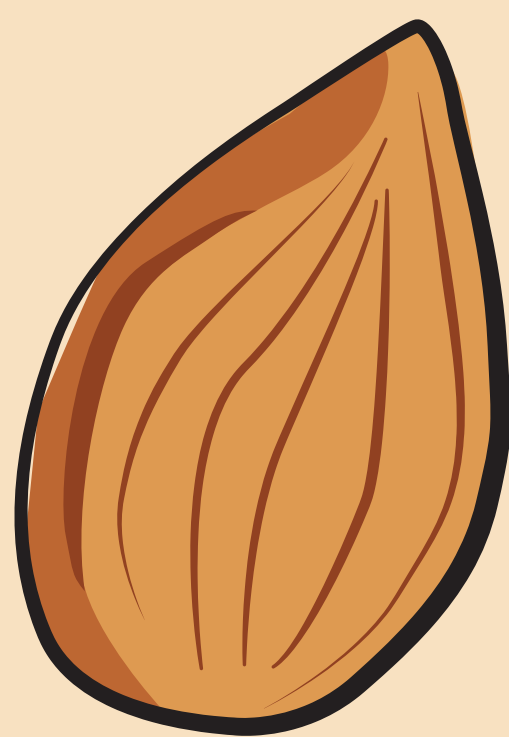
ALMONDS MAKE UP
A HEALTHY HANDFUL



30g

PACKED WITH NUTRIENTS

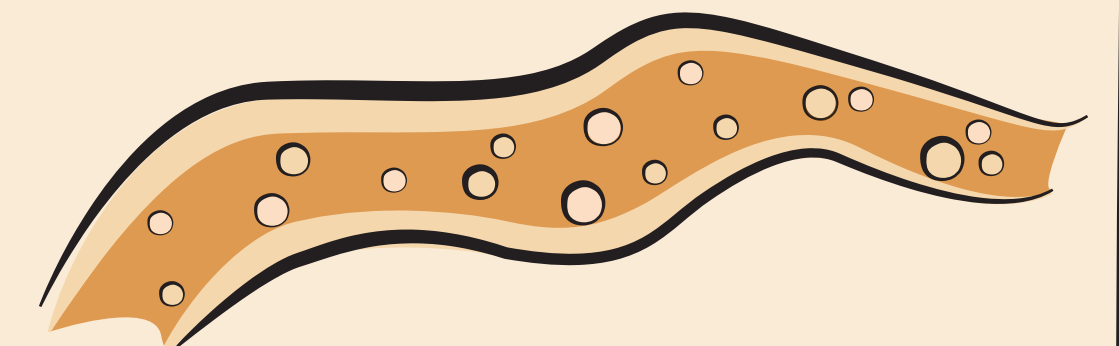
HEALTHY FATS
VITAMIN E
ANTIOXIDANTS
FIBRE PLANT STEROLS
PLANT PROTEIN CALCIUM
MAGNESIUM POTASSIUM
LOW IN SODIUM



A DAILY HANDFUL + A HEALTHY DIET



LOWERS
CHOLESTEROL



REDUCES
CELL DAMAGE



LOWER
RISK OF HEART DISEASE
AND TYPE 2 DIABETES



IMPROVES
DIGESTIVE HEALTH

A MEDITERRANEAN DIET
+ A 30g HANDFUL OF NUTS
CAN REDUCE THE RISK OF

PREDIMED
STUDY

HEART DISEASE
AND STROKE BY

28%



TYPE 2
DIABETES BY

13%

AND METABOLIC
SYNDROME BY

26%

RICH IN VITAMIN E



A 30g HANDFUL OF
ALMONDS
PROVIDES
4.8mg Vit E



TO A MEAL TO LOWER THE GI

LOW
GI

MEALS PROVIDE
SUSTAINED ENERGY
AND KEEP YOU
FULL FOR LONGER

