

Almonds



PACKED WITH HEART HEALTHY NUTRIENTS

healthy fats, fibre, **vitamin E**, antioxidants, plant sterols, plant protein, magnesium, potassium, manganese and copper



ENJOY A HANDFUL OF NUTS A DAY

20



ALMONDS

make up an healthy handful (30g)



DID YOU KNOW?



AUSSIES EAT NEARLY

22,000 tonnes

OF ALMONDS A YEAR

GREAT AS SNACKS AND IN STIR FRIES, BAKING, SPREADS AND MILKS

Australia

IS 2ND LARGEST GROWER IN THE WORLD



ENJOY A 30g HEALTHY HANDFUL TODAY



www.nutsforlife.com.au