



Stahmann Farms



ALMOND FACTS

"Almond" is the name of the edible and widely cultivated seed of the tree of the same name. Within the genus *Prunus*, it is classified with the peach in the subgenus *Amygdalus*, distinguished from the other subgenera by the corrugated shell (endocarp) surrounding the seed.

The fruit of the almond is a drupe, consisting of an outer hull and a hard shell with the seed (which is not a true nut) inside. Shelling almonds refers to removing the shell to reveal the seed. Almonds are sold shelled (i.e., after the shells are removed), or unshelled (i.e., with the shells still attached). Blanched almonds are shelled almonds that have been treated with hot water to soften the seedcoat, which is then removed to reveal the white embryo.

Almonds are packed full of goodness. They contain healthy monounsaturated fats and fibre, making them good for your heart; protein is great for recovery; the antioxidant vitamin E and other important vitamins and minerals eg. potassium, magnesium, iron, phosphorous and riboflavin (vitamin B2).

Vitamin E

Vitamin E is a naturally occurring antioxidant. It helps to protect cells from damage caused by free radicals in the body.⁴ One serving of almonds (30g) will give you 77% of your RDI for Vitamin E.⁶

Protein

Almonds are a source of protein, containing 20%. Protein is necessary for repairing damaged tissues in the body as well as normal growth and development.¹ One handful (30g) of Almonds is equivalent to 12% of your Recommended Dietary Intake (RDI) for Protein.^{2&3}

Natural Plant Sterols

Almonds contain natural plant sterols (or phytosterols). Plant sterols can help reduce cholesterol reabsorption in the intestine when consumed as part of a healthy diet low in saturated fat.⁴

Australian almonds are predominantly grown along the Murray River corridor in South Australia, Victoria and New South Wales. In recent times there have been plantings in the Swan Region of Western Australia.

Major Australian almond growing regions include:

- Sunraysia (VIC)
- Riverina (NSW)
- Riverland (SA)
- Adelaide (SA)
- Swan (WA)

Cholesterol and Trans fat Free

Like all tree nuts Almonds are cholesterol free. They're also free of trans fats – a type of fat that acts like an unhealthy saturated fat in your body.

Natural Dietary Fibre

Fibre helps maintain a healthy bowel function.⁴ Just one 30g handful of Almonds is equivalent to 8% of the RDI for dietary fibre.^{2&3}

'GOOD' fats

Almonds are rich in healthy monounsaturated and poly-unsaturated fats, plus have a low proportion of saturated fat. These fats are necessary for maintaining heart health.⁵

Naturally Low in Sodium

If watching your salt intake natural Almonds are a good low salt savoury snack.

Magnesium

Almonds contain 24% of the RDI for magnesium^{2&6} which is a necessary component of bone and needed for normal muscle nerve function.





ALMOND NUTRITIONAL INFORMATION

<i>Serving Size: 30g</i>	<i>Average Quantity per serving</i>	<i>Average Quantity per 100g</i>
Energy	759kj (181Cal)	2530kj (604Cal)
Protein	6.0g	20.0g
Fat, Total	16.6g	55.2g
- Saturated	1.1g	3.6g
- Trans 0.0g	0.0g	
- Monounsaturated	10.8g	36.0g
- Polyunsaturated	3.9g	13.1g
Cholesterol	0.0mg	0.0mg
Carbohydrate	1.3g	4.4g
- Sugars	1.3g	4.4g
Dietary Fibre	2.6g	8.8g
Sodium	1.5mg	5mg
Magnesium	78mg	260mg
Vitamin E	7.8mg	25.9mg
Plant Sterols	36mg	120mg

For more information, please visit the following source:

www.australionalmonds.com.au

The Australian Almonds Board is the leading industry expert in all things almond. Here you can download "All About Almonds", a series of topical fact sheets prepared to assist almond growers with key issues during the growing season.

References:

1. Australian Government National Health and Medical Research Council Nutrient References Values for Australia and New Zealand cited at www.nrv.gov.au June 2010
2. Nuts for Life. 2009 Nutrient Composition of Tree Nuts. Sydney: Nuts for Life; 2009.
3. Food Standards Code Australia New Zealand, Standard 1.2.8, Issue 115
4. Food Standards Australia New Zealand Proposal P293 Draft Nutrient, health and related claims consultation paper for first review March 2009 cited <http://www.food-standards.gov.au/> June 2010
5. Dietary fats and dietary sterols for cardiovascular health (2009) cited http://www.heartfoundation.org.au/Professional_Information/
6. Food Standards Code Australia New Zealand, Standard 1.1.1, Issue 115

