

# NUTS


## About Your Health




***Nuts contain heart healthy fats and vitamins that help prevent many illnesses!***

It is important to eat foods that contain healthy fats and vitamins. Almonds are a quick and easy nutritious snack that are proven to improve your health when eaten in moderation. They are perfect for on-the-go and can be introduced into your diet in a variety of ways. A handful of almonds a day is all it takes to maintain a long and healthy lifestyle!


### **BENEFITS OF ALMONDS**




1. Decrease Risk of Heart Disease



2. Reduce Cholesterol Levels



3. Contain Vitamin E, Folic Acid, Fiber, Magnesium, Phosphorous, and Protein



4. Contain Antioxidants

- ◆ Vitamin E is an antioxidant that decreases risk of cancers and cataracts.
- ◆ Folic Acid helps protect against stroke and heart disease in older adults.
- ◆ Fiber protects against diabetes and decreases colon/rectal cancer.
- ◆ Magnesium is a mineral used in building strong bones.
- ◆ Phosphorous maintains strong bones and teeth.

**FACT:** Eating almonds helps to reduce the risk of heart disease.

**FACT:** Eating almonds increases the bodies GOOD cholesterol levels which protect against heart attacks.



## **\*5 WAYS TO INCLUDE ALMONDS IN YOUR DIET\***

- ♥ Add a small handful of chopped almonds to yogurt and berries!
- ♥ Add sliced almonds to your cooked vegetables to enhance flavour!
- ♥ Simply snack on a handful of raw almonds and apple slices while on-the-go or at home!
- ♥ Add almond paste and honey to your breakfast toast!
- ♥ Add almond slices to your breakfast cereal in the morning or on your lunchtime salad to increase your protein intake!

### ***Fast, Fresh, and Simple Recipes for Breakfast, Lunch, and Dinner***

#### ***Granola and Yogurt With Fresh Fruit (serves 2)***

This is a fast and simple breakfast that will keep you satisfied for hours!

##### **Ingredients:**

- 1/2 cup granola
- 3/4 cup yogurt
- 2 TBS raisins
- 1/2 cup blueberries & raspberries
- 3 TBS sliced raw almonds

#### ***Asian Chicken Salad (serves 2)***

Enjoy this delicious and tasty nutrient packed lunch!

##### **Ingredients:**

- 1 grilled chicken breast
- 1 1/2 cups shredded cabbage
- 1/2 cup bean sprouts
- 1/4 cup diced red pepper
- 1/2 cup shredded carrots
- 1 TBS sesame seeds
- 1/4 cup sliced raw almonds
- Dress as desired!

#### ***Almond Crusted Chicken (serves 2)***

This lean protein dinner gets an upgrade with almonds and honey dijon!

##### **Ingredients:**

- 2 chicken breasts
- 2 TBS honey dijon mustard
- 1/3 cup toasted sliced almonds
- salt and pepper to taste

Combine ingredients and pour ovetop of chicken and sprinkle with almonds.

Place in oven for about 35 min at 400F.

***For more easy recipes visit  
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