

ALMOND NUTRIENT COMPARISON

NATURAL BENEFITS FOR HEALTH, TEXTURE AND FLAVOR

CALCULATING COMPOSITION

The U.S. Department of Agriculture (USDA) has been responsible for analyzing the nutrient content of the nation's food supply for over 120 years. The first U.S. food composition tables were published in 1891 by W.O. Atwater and C.D. Woods, who compiled the water, fat, protein, ash and carbohydrate contents of approximately 200 different foods.

Since 1999, Almond Board of California has submitted high quality nutrient composition data to USDA for California Almonds. These data are reflected in the National Nutrient Database for Standard Reference Legacy Release (SR Legacy), which has been the major source of food composition data in the U.S. for decades and provides the foundation for most public and private sector food composition databases. SR Legacy is part of Food Data Central, the USDA's new harmonized portal for food and nutrient profile data.

POSITIVE ATTRIBUTES OF ALMONDS FOR PRODUCT DEVELOPMENT

Whether they are roasted, blanched or in their natural state, almonds are an essential ingredient for product developers, featuring endless texture and flavor potential with various nutritional benefits depending on preparation. Almonds have been studied extensively for their positive impact on heart health, diabetes, and weight management.

Utilizing almonds as an ingredient can help deliver premium appeal and "better-for-you" claims to snacking applications. Almonds are a nutritious and natural food with many benefits for a healthy diet, offering six grams of power-packed protein, four grams of fiber, 13 grams of unsaturated fat and only one gram of saturated fat per serving.¹ As plant-based eating increasingly becomes a consumer lifestyle, manufacturers can utilize almonds' amino acid profile in combination with complementary plant proteins, like legumes, to develop delicious products that offer complete protein.

1. USDA: One ounce or 23 almonds contains 6 grams of protein, 4 grams of fiber, 13g of unsaturated fat and only 1g of saturated fat.



Almond roasting emphasizes the natural attributes of almonds by deepening their color and flavor profiles and creating a crispier, crunchier texture. Blanched almonds have had their skins removed through a process of scalding, skin removal, drying, cooling and sorting. Roasting brings out the flavor and color of blanched almonds, while natural almonds have the well-known nutty flavor and are suitable for general use.

The Almond Board of California's nutrition research program has over three decades of research in the key areas of skin health, heart health, protein quality and more.

Please visit almonds.com for more information.

ALMOND FORMS¹

NUTRIENT COMPARISON CHART

Nutrients (per 100 g)	UNITS	WHOLE KERNELS ²	BLANCHED ³	OIL ROASTED SALTED ⁴	OIL ROASTED UNSALTED ⁵	DRY ROASTED SALTED ⁶	DRY ROASTED UNSALTED ⁷
PROXIMATES							
Calories	kcal	579	590	607	607	598	598
Water	g	4.41	4.51	2.80	2.80	2.41	2.41
Protein	g	21.15	21.40	21.23	21.23	20.96	20.96
Lipids (total)	g	49.93	52.52	55.17	55.17	52.54	52.54
Dietary Fiber	g	12.5	9.9	10.5	10.5	10.9	10.9
Sugars	g	4.35	4.63	4.55	4.55	4.86	4.86
Ash	g	2.97	2.91	3.13	3.13	3.07	3.07
MINERALS							
Calcium (Ca)	mg	269	236	291	291	268	268
Iron (Fe)	mg	3.71	3.28	3.68	3.68	3.73	3.73
Magnesium (Mg)	mg	270	268	274	274	279	279
Phosphorus (P)	mg	481	481	466	466	471	471
Potassium (K)	mg	733	659	699	699	713	713
Sodium (Na)	mg	1	19	339	1	234	3
Zinc (Zn)	mg	3.12	2.97	3.07	3.07	3.31	3.31
Copper (Cu)	mg	1.03	1.03	0.96	0.96	1.10	1.10
Manganese (Mn)	mg	2.18	1.84	2.46	2.46	2.23	2.23
VITAMINS							
Vitamin E (alpha-tocopherol)	mg	25.63	23.75	25.97	25.97	23.90	23.90
Thiamin	mg	0.21	0.19	0.09	0.09	0.08	0.08
Riboflavin	mg	1.14	0.71	0.78	0.78	1.20	1.20
Niacin	mg	3.62	3.50	3.67	3.67	3.64	3.64
Pantothenic acid	mg	0.47	0.31	0.23	0.23	0.32	0.32
Vitamin B6	mg	0.14	0.12	0.12	0.12	0.14	0.14
Folate, food	mg	44	49	27	27	55	55
FATTY ACIDS							
Saturated (total)	g	3.80	3.95	4.21	4.21	4.09	4.09
16:0 Palmitic	g	3.08	3.27	3.30	3.30	3.35	3.35
18:0 Stearic	g	0.70	0.67	0.91	0.91	0.70	0.70
Monosaturated (total)	g	31.55	33.42	34.79	34.79	33.08	33.08
16:1 Palmitic	g	0.23	0.24	0.22	0.22	0.26	0.26
18:1 Oleic	g	31.29	33.11	34.58	34.58	32.75	32.75
Polyunsaturated (total)	g	12.33	12.37	13.52	13.52	12.96	12.96
18:2 Linoleic	g	12.32	12.37	13.52	13.52	12.95	12.95

1. U.S. Department of Agriculture, Agricultural Research Service. 2019. FoodData Central. National Nutrient Database for Standard Reference Legacy Release (SR Legacy). Available at: <https://fdc.nal.usda.gov>.
2. SR Legacy: Nutrient Database (NBD) No. 12061 Nuts, almonds; updated 2013.
3. SR Legacy: NBD No. 12062 Nuts, almonds, blanched [skin removed]; updated 2010.
4. SR Legacy: NBD No. 12565 Nuts, almonds, oil roasted, with salt added; updated 2001.
5. SR Legacy: NBD No. 12065 Nuts, almonds, oil roasted, without salt added; updated 2006.
6. SR Legacy: NBD No. 12563 Nuts, almonds, dry roasted, with salt added; updated 2016.
7. SR Legacy: NBD No. 12063 Nuts, almonds, dry roasted, without salt added; updated 2013.