Almond Benefits for Cardiometabolic Health

In a new peer-reviewed **consensus paper**[1] published in *Current Developments in Nutrition*, a group of world-leading nutrition scientists and physicians analyzed the body of research on almonds and concluded that eating almonds daily supports cardiometabolic health by aiding weight management, supporting heart health and promoting beneficial gut bacteria.

Experts agree that eating almonds daily...

May positively impact heart health by:

- **Reducing LDL-cholesterol** (5.1mg or ~5% average reduction in pooled results)
- **Reducing diastolic blood pressure** in small but **significant amounts** (0.17-1.3 mmHg reduction in pooled results), both of which can result in more significant benefits when combined with other heart-healthy foods.

Can reduce fasting blood glucose and HbA1C in some groups of people.*

Aids gut health by increasing beneficial gut bacteria, which may improve metabolic health.

Does not result in weight gain; higher amounts (at least 50g or 1.8 oz. per day) **may be associated with weight loss.**

LIMITATIONS: Although these findings were agreed upon by the roundtable experts, several areas were identified that require further research. In general, experts recognized many of the studies reviewed had limited sample sizes, and there was heterogeneity among studies.

Roundtable Background

The scientists analyzed decades of published almond nutrition research, including clinical trials and meta-analyses, at a roundtable convened and funded by the Almond Board of California. Their findings are specific to almond cardiometabolic benefits and are not generalizable to all nuts.

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Bottom Line

An expert panel of leading global scientists concluded that eating almonds daily has meaningful benefits for cardiometabolic health. Research indicates that almonds have a positive impact on LDL-cholesterol and diastolic blood pressure, promote beneficial gut bacteria and support weight management. Almonds are a nutrient-dense heart-healthy food: Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

*"Almonds represent a powerful nutrient package and are one of the most researched foods in the world. Bringing together diverse perspectives and deep expertise, the group unanimously concluded that **almonds positively impact cardiometabolic health.**"*

DR. ADAM DREWNOWSKI
Professor of epidemiology at the University of Washington

*"What's remarkable is the consistency of the evidence in the published literature: adding 50 grams of almonds per day to the diet **does not lead to weight gain**—in fact, some studies show a **slight reduction in body weight.** Understanding why—whether through increased satiety, digestive factors, or effects on the microbiome—is the next step toward developing smarter, more targeted nutrition guidance."*

FRANCE BELLISLE, Ph.D.
University of Paris

By The Numbers

One serving of almonds provides:

- **6g of protein**
- **4g of fiber**
- **13g of unsaturated fat and only 1 g of saturated fat**
- **15 essential nutrients** including 77mg of magnesium (18.3% DV), 208mg potassium (4% DV) and 7.27mg vitamin E (50% DV)

Cardiometabolic Diseases are at Epidemic Proportions

- Cardiovascular disease is the **top cause of death globally**[2]
- By 2035, the number of **people with diabetes is expected to rise to 592 million**[3]
- **30% (2.1 billion) of the global population** are either overweight or obese[4]

Serving size =
28g/1oz = around 23 almonds or a handful

Full Paper

Learn more at Almonds.com

FOOTNOTES:

[1] Paula R Trumbo, Jamy Ard, France Bellisle, Adam Drewnowski, Jack A Gilbert, Ronald Kleinman, Anoop Misra, John Sievenpiper, Maha Tahiri, Karol E Watson, James Hill, Perspective: Current Scientific Evidence and Research Strategies in the Role of Almonds in Cardiometabolic Health, *Current Developments in Nutrition*, Volume 9, Issue 1, 2025,104516, https://doi.org/10.1016/j.cdnut.2024.104516.

[2] The World Health Organization. Key Facts about Cardiovascular Diseases. https://www.who.int/health-topics/cardiovascular-diseases#tab=tab_1

[3] Guariguata et al., 2014

[4] Ng et al., 2014

*Asian Indians with prediabetes

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