

FOOD & WINE



SO MANY WAYS TO
ENJOY THEM



More than ever before, consumers are seeking to make healthy choices in their diets.

Nutritionist Dr. Lisa Young points out that consumer interest and acceptance of almonds are high because of their flavor, crunch, and versatility. "From cereals and energy bars to yogurts and packaged salads," she says, "there are so many great ways to eat almonds." One thing is clear: Healthy eating is here to stay, and consumers want good nutrition without sacrificing flavor. "No doubt, almonds enhance the health benefits of any product," says Dr. Young.

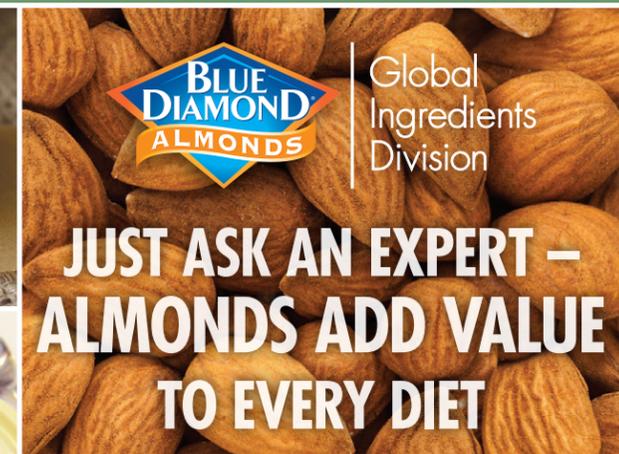
Because consumer demand is so high, food manufacturers are finding more ways to include almonds in their products. With their unbeatable versatility, flavor, and crunch, almonds are more popular than ever.

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GOOD IS IN EVERYTHING WE DO



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WHY NOT CHOOSE GOOD HEALTH?

For years, we've been saying that almonds are a healthy addition to our diet. Internationally recognized nutritionist, Lisa R. Young, Ph.D., R.D., C.D.N. agrees — almonds provide an abundance of nutritional benefits, which makes them an essential part of any healthy diet.

In addition to her private practice, Dr. Young is an adjunct professor at New York University, is a regular blogger for the *Huffington Post*, serves as the nutrition expert for major magazines, participates in clinical obesity research studies, and consults for many weight-management programs.



"Our physical and emotional well-being are totally within our own control," she says. "Why not choose good health?" Not surprisingly, almonds are a regular feature in the meal plans Dr. Young recommends for her clients and readers.

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A HEALTHY CHOICE FOR BETTER PRODUCTS



"The benefits of almonds are two-fold," Dr. Young explains. "They're a key ingredient for overall good health, and play an important role in weight loss." As consumers look for healthier choices in the supermarket, they're attracted to almonds as an ingredient that's both tasty and nutritious.

Among the many nutritional benefits she cites: Almonds are a good source of protein, fiber, calcium, and antioxidants; help prevent and reduce chronic diseases; control blood sugar; and reduce bad cholesterol while raising good cholesterol. "They also

really help with satiety," she explains, "so they're a great option for mid-morning or late-afternoon snacks." Adding almonds to products create the healthier foods consumers are looking for.

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