

KINETIC ENERGY

# Health benefits of ALMONDS

SUPERFOOD

578

CALORIES

100 grams

## Health benefits

- Good for bones and teeth
- Prevents birth defects
- Good for pregnant women
- Excellent source of energy
- Helps in weight loss

## Nutritional value

- Total fat 50g
- Carbohydrate 19.7g
- Protein 21.2g
- Fibre 11g
- Sugar 4.8g
- Potassium 728mg
- Sodium
- Calcium
- Iron
- Vitamins E & B2

## How to eat them?

- Smoothie
- Raw
- Almond milk



**Did you know...** a 80% of the world's almonds are grown in California, and no other state in the US produces them commercially.