

Health benefits of almond consumption among Chinese consumers. (in Chinese).

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Abstract:

Almonds are grouped into two types: sweet and bitter. Sweet almonds are grown for their edible nuts and are commonly consumed as a snack or in confectionary and other foods, whereas bitter almonds have been used medicinally in folk medicine in Asia and Europe. Sweet almonds probably originated in the Middle East and then spread to other parts of the world, and now are grown in various regions including California (USA), and Xinjiang (China). In 2012, The Specialized Committee for Roasted Seeds and Nuts (CRSN), under the China National Food Industry Association, developed a new standard for almonds, and finalized the Chinese name of almonds. After that, the Almond Board of California accepted “Ba Dan Mu” as the Chinese name for almonds from California. In 2003, the US Food and Drug Administration (FDA) approved a health claim recognizing that daily consumption of tree nuts, including almonds, may reduce the risk of heart disease. This health claim was based on the favorable fatty acid composition and high fiber content of nuts as well as a number of other cardio-protective factors that were shown to help maintain a healthy cholesterol level, particularly in patients with hypercholesterolemia. In addition, almonds contain many beneficial bioactives, such as α -tocopherol, polyphenols, phytosterols, arginine, and magnesium^[3,4]. Significant research on the health benefits of almond consumption among Chinese consumers has been conducted over the past 15 years. This review focuses on the published results of research studies carried out in China.