Almonds in the diet simultaneously improve plasma α-tocopherol concentrations and reduce plasma lipids.

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Abstract:
The objective of this study was to assess the dose response effect of almond intake on plasma and red blood cell tocopherol concentrations in healthy adults enrolled in a randomized, crossover feeding trial. Participants were 16 healthy men and women, aged 41±13 years. After a 2-week run-in period, participants were fed three diets for 4 weeks each: a control diet, a low-almond diet,and a high-almond diet, in which almonds contributed 0%, 10%, and 20% of total energy, respectively. Changes in blood tocopherol levels were assayed by high pressure liquid chromatography. Incorporating almonds into the diet helped meet the revised Recommended Dietary Allowance of 15 mg/day a-tocopherol and increased lipid adjusted plasma and red blood cell a-tocopherol concentrations. A significant dose-response effect was observed between percent energy in the diet from almonds and plasma ratio of -tocopherol to total cholesterol.