

## **Health benefits of almonds beyond cholesterol reduction.**

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### **Abstract:**

Almonds are rich in monounsaturated fat, fiber,  $\alpha$ -tocopherol, minerals such as magnesium copper, and phytonutrients, albeit being energy-dense. The favorable fat composition and fiber contribute to the hypocholesterolemic benefit of almond consumption. By virtue of their unique nutrient composition, almonds are likely to benefit other modifiable cardiovascular and diabetes risks, such as body weight, glucose homeostasis, inflammation, and oxidative stress. We will first briefly review nutrient composition and hypocholesterolemic benefits. We will then discuss the effects of almond consumption on body weight, glucose regulation, oxidative stress, and inflammation, based on the data of clinical trials. Although more studies are definitely warranted, the emerging evidence supports that almond consumption beneficially influences chronic degenerative disease risk beyond cholesterol reduction, particularly in populations with metabolic syndrome and type 2 diabetes mellitus.