

Chapter 19. Almonds (*Prunus dulcis*): Post-Ingestive Hormonal Response.

Mori, A 2011

Nuts & Seeds In Health And Disease Prevention

In V. R. Preedy, R. R. Watson, V. B. Patel (Editors), *Nuts & Seeds in Health and Disease Prevention* (1st ed.) (pp.167-173).

Abstract:

There is increasing evidence that nut consumption may reduce the risk for a variety of chronic diseases, such as cardiovascular disease and diabetes. Further, despite their high energy density, findings from epidemiological studies and clinical trials consistently indicate that nut consumption is not associated with weight gain. Thus, while adding desirable sensory properties to the diet, there are also recommendations to increase consumption for health promotion. Almonds are an especially nutrient-dense nut, and there is growing scientific substantiation of its health benefits as reviewed below.