

# NUTRITION NEWS

## Add Taste—And Nutrition—With Sliced Almonds

(NAPSA)—A growing number of consumers are trying to make food choices that contribute to weight loss and good health.

Often, that can mean replacing high-saturated-fat, empty-calorie foods with healthier and tastier options.

For example, topping a salad with flavored sliced almonds in place of “bacon bits” not only decreases the amount of saturated fat in the dish, but it also adds a natural source of healthy monounsaturated fat.

When it comes to flavored sliced almonds, Sunkist Almond Accents are among the most popular. They are dry roasted with no added oil and have no cholesterol, no saturated fat and just 1 g of carbohydrates per serving.

Plus, they're versatile and can be used to top salads, rice, vegetables, fish and many other dishes instead of fried, low-nutrient and high-saturated-fat food toppings—taking you one step closer to achieving or maintaining weight loss goals.

Almonds are said to be the most nutrient-dense nut, meaning that they offer a variety of nutrients per serving, including magnesium, protein, fiber, copper, riboflavin and calcium. In fact, almonds are higher in fiber and calcium than any other nut.

In addition, almonds are an excellent source of vitamin E, a powerful antioxidant thought to slow the aging process and protect against heart disease.

According to the American Heart Association (AHA), almonds can significantly lower bad cholesterol levels. The more almonds eaten in place of higher-saturated-fat foods, the greater the chance of lowering cholesterol.

For more information about Almond Accents, including addi-



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tional recipe ideas similar to the one below, visit the Web site at [www.almondaccents.com](http://www.almondaccents.com).

### ROASTED VEGETABLES

**2 lbs. winter vegetables (e.g., Brussels sprouts, potatoes, onions, turnips, carrots, etc.)**

**¼ cup olive oil**

**1 clove garlic, minced**

**Pinch of salt**

**½ cup red wine vinegar**

**1 Tbsp. Dijon-style mustard**

**1 cup olive oil**

**⅓ cup fresh basil or thyme, finely minced**

**½ cup Sunkist Almond**

**Accents Original Oven**

**Roasted or Italian**

**Parmesan sliced almonds**

**Place vegetables in large roasting pan. Drizzle with olive oil. Roast at 375 degrees for 30-40 minutes. In small jar, combine remaining ingredients, except sliced almonds. Mix well. Place vegetables on serving platter and drizzle with vinegar dressing. Just before serving, sprinkle with Almond Accents sliced almonds.**

**Makes 4 servings.**