

ALMONDS 101



ALMONDS ARE GOOD FOR THE PLANET.

Zero Waste: Using everything the orchard grows.

- With a 2+ year shelf life, less than 1% of almonds are thrown out of the home, the lowest of any U.S. food.
- Almonds are unique because we use everything we grow -



Hull (used in animal nutrition/feed)



Shell (used in biofuel, livestock bedding, sustainable plastics, etc.)



Kernel (the kernel we all eat & use as ingredients)



Tree (carbon sequestration, & recycled into the soil at end of orchard life)

Helping fight climate change.

- California's almond trees **store 30 million metric tons of carbon per year.** That's the same as a year of:
 - Taking **24 million cars off the road.**
 - Grounding **3,134 Boeing 737s.**
 - Shutting down **29 coal-fired power plants.**



Sources: California Air Resources Board. An Inventory of Ecosystem Carbon in California's Natural & Working Lands. 2020. U.S. Environmental Protection Agency. Greenhouse Gas Equivalencies Calculator. July 2023. Reuters. Boeing jets emissions data highlights industry's green challenge. April 2021.



Protecting, Promoting & Partnering with Pollinators.

- 86% of all U.S. bee-friendly certified farms are almond farms.
- Growers are building biodiversity and soil health, with almond orchards housing half a million acres of cover crops and 170,000 acres of Bee-Friendly Farms. 125+ honey bee health research projects have been funded by almond farmers to date.

Source: Pollinator Partnership. January 2023. 5. USDA-ARS. National Nutrient Database for Standard Reference, Release 28, 2015. Pollinator Partnership. January 2023. University of California, 2010.

Conserving our most precious resource.

- We grow four crops per drop with the use of almond hulls for dairy feed, reducing the need to grow as much alfalfa, saving more than 440 billion gallons of water.
- Almonds' long shelf life means they travel to their destination by cargo ship, producing 50 times less carbon dioxide emissions per kilometer than travel by airplane.
- 930,000 acres of California almond orchards have ideal soil conditions for groundwater recharge.

Sources: SureHarvest. Midpoint Report. November 2022. 1. Land IQ. Groundwater Recharge Suitability Analysis. July 2023.

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ALMONDS ARE GOOD FOR HUMAN HEALTH.

Almonds provide a hearty dose of essential vitamins and minerals.

- With 6 grams of plant protein, 4 grams of fiber, 13 grams of “good” unsaturated fats, magnesium, antioxidants, vitamin E, and so much more in every healthy handful, almonds are the most nutrient dense, shelf stable protein on earth.



Gluten-Free

- From natural whole almonds to sliced, diced, and slivered almonds to almond butter and flour, the gluten-free options are endless with almonds.



Gut Health

- Just one ounce of almonds provides 4 grams of fiber (14% of the Daily Value), which can also contribute significantly to a healthy digestive tract.

Muscle Recovery

- Research by Appalachian State University has revealed that almonds have good unsaturated fats, the antioxidant vitamin E, and proanthocyanidins (class of polyphenols), which enhance recovery post-exercise and reduce fatigue and tension.



Diabetes

- The nutritional value of almonds – low on the glycemic index – makes them a smart snack for those impaired glucose tolerance or type 2 diabetes.
- A growing body of research has revealed that adding almonds to a diabetes-friendly diet may help improve certain risk factors while providing great taste and sustainable nutrition.



Heart Health

- Almonds are certified Heart Healthy by The American Heart Association.
- According to the U.S. Food and Drug Administration, “eating 1.5 ounces per day of most nuts, such as almonds, as part of a low-diet low saturated fat and cholesterol may reduce the risk of heart disease.”

Almond farmers are proud of the communities we support, the plant-based protein we deliver to our customers, the living, breathing orchards we tend, and the water we are responsible for.

Sources: Milbury PE, Chen C, Dolinkowski G, Blumberg J. "Determination of Flavonoids and Phenolics and their Distribution in Almonds." J. Agric. Food Chem. 2006, 54,5027-5023. Almond Board of California. "Benefits in So Many Ways." 2024.