

ALMONDS: THE PERFECT GLUTEN-FREE ADDITION



THE GLUTEN-FREE DIET

A gluten-free diet requires the avoidance of foods containing gluten, namely wheat, rye and barley. While individuals with celiac disease must follow a gluten-free diet, many others are seeking to limit their intake of gluten. Because gluten-free diets are often low in iron, fiber, B vitamins and protein, and high in saturated fat and sugar, it is important to help fill these gaps and optimize nutrition.

THE ALMOND ADVANTAGE

All forms of almonds make an excellent addition to a gluten-free diet. Almonds, almond butter, almond flour and almond milk can fit into any meal or snack and are packed full of nutrition. One ounce—or about 23 California Almonds—adds a healthy boost to any meal or snack, providing vitamin E (7.3mg), magnesium (76g), potassium (210mg), fiber (4g), protein (6g), unsaturated fat (13g), saturated fat (1g), calcium (75mg), iron (1mg), phosphorus (135mg) and riboflavin (0.3mg).

ALMONDS (WHOLE, SLICED, SLIVERED)

- Snack on the perfect portion of almonds. It's easy—just grab a healthy handful (about 23 almonds).
- Top your morning yogurt or hot cereal, such as cream of brown rice, buckwheat, cornmeal or gluten-free oatmeal, with fruit and chopped or slivered almonds for a nutrition-packed crunch.
- Make your own trail mix with almonds, dried fruit, ground flax and gluten-free cereals.
- Toss slivered or sliced almonds into your favorite salads for additional flavor, crunch and nutrition.
- Sprinkle sliced or slivered almonds on gluten-free pasta or whole grains, such as amaranth, buckwheat, millet, quinoa or wild, black, brown or red rice.

ALMOND FLOUR

- You can purchase almond flour or make your own by grinding blanched almonds in small batches to a fine powder using a food processor.
- For an added crunch, coat meat, poultry, fish, seafood and vegetables with almond flour before baking or sautéing.
- Use almond flour when baking for moist, golden-brown treats.

ALMOND MILK

- Almond milk is available at your local grocery store.
- Pour almond milk over your favorite gluten-free hot or cold cereal, or add to your morning coffee for an extra layer of flavor.
- Incorporate almond milk into your favorite soups and smoothies.

ALMOND BUTTER

- Spread it on your favorite gluten-free bread, muffin, waffle or pancake for a power breakfast.
- Almond butter and jelly sandwiches are a perfect meal or snack.
- Blend it into your morning breakfast smoothie.
- For an afternoon pick-me-up, spread almond butter on gluten-free crackers, brown rice cakes, fruit or crunchy vegetables.

NUTRIENT ESSENTIALS

When following a gluten-free diet, it is important to pay special attention to those nutrients that are often lacking. Fiber, protein, calcium, iron and good fats* are important for your overall health and can easily be added to your gluten-free diet by including almonds in delicious meals and snacks throughout the day. Use these ideas and fill in your own for ways to incorporate nutrient-rich foods into each part of your day.

BREAKFAST:

Protein, calcium and fiber can be the stars of your breakfast in a low-fat yogurt parfait topped with fresh fruit and almonds. My breakfast ideas:

1. _____
2. _____

MID-MORNING SNACK:

Snack on gluten-free whole-grain crackers topped with almond butter for a snack that will provide protein and good fats for energy to last until lunchtime. My mid-morning snack ideas:

1. _____
2. _____

LUNCH:

Choose lentil soup with a side salad topped with dried fruit and crunchy sliced almonds to add iron and fiber to your lunch. My lunch ideas:

1. _____
2. _____

AFTERNOON SNACK:

Make your own trail mix full of fiber by mixing roasted almonds, dried fruit and gluten-free cereal for an energizing boost to your afternoon. My afternoon snack ideas:

1. _____
2. _____

DINNER:

Try almond-crusted salmon with a side of quinoa and roasted vegetables for a delicious way to load up on good fats and iron while winding down from your day. My dinner ideas:

1. _____
2. _____

*U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.