

Sources

1. Hyson, D. A., et al. (2002). "Almonds and almond oil have similar effects on plasma lipids and LDL oxidation in healthy men and women." *J Nutr* 132(4): 703-707.
2. Abbey, M., et al. (1994). "Partial replacement of saturated fatty acids with almonds or walnuts lowers total plasma cholesterol and low-density-lipoprotein cholesterol." *Am J Clin Nutr* 59(5): 995-999.
3. Wu, X., Beecher, G. R., Holden, J. M., Haytowitz, D. B., Gebhardt, S. E., & Prior, R. L. (2004). Lipophilic and Hydrophilic Antioxidant Capacities of Common Foods in the United States. *J. Agric. Food Chem. Journal of Agricultural and Food Chemistry*, 52(12), 4026-4037. doi:10.1021/jf049696w
4. Chen, C., Lapsley, K., & Blumberg, J. (2006). A nutrition and health perspective on almonds. *Journal of the Science of Food and Agriculture J. Sci. Food Agric.*, 86(14), 2245-2250. doi:10.1002/jsfa.2659
5. Wien, M. A., Sabaté, J. M., Iklé, D. N., & Kandeel, F. R. (2004). Almonds vs complex carbohydrates in a weight reduction program. *Int J Obes Relat Metab Disord International Journal of Obesity*, 28(3), 459-459. doi:10.1038/sj.ijo.0802607
6. Cohen, A. E., & Johnston, C. S. (2011). Almond ingestion at mealtime reduces postprandial glycemia and chronic ingestion reduces hemoglobin A1c in individuals with well-controlled type 2 diabetes mellitus. *Metabolism*, 60(9), 1312-1317. doi:10.1016/j.metabol.2011.01.017
7. Li, S., Liu, Y., Liu, J., Chang, W., Chen, C., & Chen, C. O. (2011). Almond consumption improved glycemic control and lipid profiles in patients with type 2 diabetes mellitus. *Metabolism*, 60(4), 474-479. doi:10.1016/j.metabol.2010.04.009
8. Kinross, J. M., Darzi, A. W., & Nicholson, J. K. (2011). Gut microbiome-host interactions in health and disease. *Genome Medicine Genome Med*, 3(3), 14. doi:10.1186/gm228
9. Mandalari, G., Nueno-Palop, C., Bisignano, G., Wickham, M. S., & Narbad, A. (2008). Potential Prebiotic Properties of Almond (*Amygdalus communis* L.) Seeds. *Applied and Environmental Microbiology*, 74(14), 4264-4270. doi:10.1128/aem.00739-08
10. Liu, Z., Lin, X., Huang, G., Zhang, W., Rao, P., & Ni, L. (2014). Prebiotic effects of almonds and almond skins on intestinal microbiota in healthy adult humans. *Anaerobe*, 26, 1-6. doi:10.1016/j.anaerobe.2013.11.007
11. Ng, M., Fleming, T., Robinson, M., Thomson, B., Graetz, N., Margono, C., . . . Gakidou, E. (2014). Global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013: A systematic analysis for the Global Burden of Disease Study 2013. *The Lancet*, 384(9945), 766-781. doi:10.1016/s0140-6736(14)60460-8
12. Gregg, E. W., Zhuo, X., Cheng, Y. J., Albright, A. L., Narayan, K. M., & Thompson, T. J. (2014). Trends in lifetime risk and years of life lost due to diabetes in the USA, 1985–2011: A modelling study. *The Lancet Diabetes & Endocrinology*, 2(11), 867-874. doi:10.1016/s2213-8587(14)70161-5
13. United States Department of Agriculture Agricultural Research Service. (2016, May). National Nutrient Database for Standard Reference Release 28, Basic Report: 12061,

Nuts, almonds. Retrieved May 26, 2016, from
<https://ndb.nal.usda.gov/ndb/foods/show/3635>