

# a Tasty Little Nut

Throughout history, almonds have been enjoyed not only for their delicate flavor, **versatility** and great crunch, but also their **legendary** nutritional properties. For example:

*Almonds are a nutritionally dense and filling snack:* A 1-ounce, 160-calorie serving of almonds, or about a handful, is an excellent source of vitamin E and magnesium, and a good source of fiber and phosphorous. Almonds also have unsaturated fat (13g), saturated fat (1g), protein (6g), potassium (200mg), calcium (75mg), iron (1mg) and fiber (3.5g). All of these things may help provide that “full” feeling everyone wants after a meal or snack.

On the back of most food packages, you will find a **nutrition label**. This label not only shows the **ingredients** for that food, but also explains the amount of product typically eaten in one sitting (sometimes referred to as a **serving size**).

## ACTIVITY

Fill in the sentences with information from above about the benefits you will receive when eating almonds. List three other reasons almonds are so great.

Almonds are \_\_\_\_\_ dense.

Almonds are an excellent source of Vitamin \_\_\_\_\_ and \_\_\_\_\_.

Almonds have  
\_\_\_\_\_ grams (g) of protein,  
\_\_\_\_\_ milligrams (mg) of potassium,  
\_\_\_\_\_ milligrams (mg) of calcium, and  
\_\_\_\_\_ milligrams (mg) of iron.

Three reasons California Almonds are so great:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## VOCABULARY

**versatility:** having or capable of many uses

**legendary:** celebrated or described in legend

**nutrition label:** tells you how many nutrients are in that amount of food

**ingredient:** a substance that forms part of a mixture

**serving size:** the amount of product typically eaten in one sitting

