

ALMONDS FOR HEALTHY GROWTH AND DEVELOPMENT



Good nutrition is critical for a healthy pregnancy and a healthy baby. Yet, many Americans are not meeting essential nutritional needs during these important life stages. Almonds help fill these nutrient gaps to support proper growth and development for women, infants, and children.

SUPPORTING MATERNAL NUTRITION

A nutritious diet during pregnancy and lactation lays the foundation for lifelong health of mother and baby. During this stage, nutritional needs increase substantially — yet, many women fall short on key nutrients that support healthy growth and development.¹

The Value of Almonds for Moms

Almonds help bridge various nutrient gaps during this life stage, including:

CHOLINE: Most pregnant and lactating women fall short on choline, which is needed for the development of the baby's brain and spinal cord and to replenish maternal stores¹ — *almonds have 15 mg choline per ounce (3% DV for pregnant/lactating women).*

IRON: 10-25% of pregnant women are deficient in iron, which is a key nutrient for fetal growth and neurological development¹ — *almonds have 1.1 mg iron per ounce (4% DV for pregnant women).*

PROTEIN: Almost half of pregnant women fall below recommendations for protein foods, which are important for the physical growth of the baby² — *almonds have 6 g of plant-based protein per ounce.*

Ways Moms Can Enjoy Almonds



28 unroasted, whole almonds
as a portable snack



1 oz. sliced almonds
on cereal or yogurt



2 Tbsp. almond butter
on crackers or toast

HOW MUCH?

The *Dietary Guidelines for Americans, 2020-2025* recommends **4-6 oz of nuts/seeds per week** during pregnancy and lactation.

SUPPORTING INFANT AND TODDLER NUTRITION

Starting around 6 months of age, infants should be introduced to nutrient-dense, developmentally appropriate foods — including nuts — to kick-start healthy eating habits.^{1,3}

The Value of Almonds for Infants and Toddlers

Almonds contain critical nutrients needed during the first 2 years of life, including:

IRON: Iron-rich foods are needed between 6 and 11 months of age to support neurological development and immune function¹ — *almonds provide 1.1 mg of iron per ounce (10% DV for infants).*

ZINC: Half of U.S. infants have inadequate intake of zinc, which is critical for immunity and growth¹ — *almonds provide 0.9 mg zinc per ounce (30% DV for infants).*

Ways Infants and Toddlers Can Enjoy Almonds



1 Tbsp. creamy almond butter
mixed in cereal or applesauce



Finely ground almond flour
added to muffins or pancakes

HOW MUCH?

The *Dietary Guidelines for Americans, 2020-2025* recommends introducing complementary foods, like nuts, as early as 6 months, and offering **1-1.25 oz of nuts/seeds per week** for children 1-2 years of age.





SUPPORTING EARLY CHILDHOOD NUTRITION

Nutrient-dense foods are important for children 2-5 years of age, as nutrient gaps are common and can have irreversible effects on healthy growth and development.

The Value of Almonds for Young Children

Almonds help address critical under-consumed nutrients in childhood, such as:

DIETARY FIBER: Dietary fiber is considered a priority nutrient gap to address in childhood, as it helps support a healthy gut and heart⁴ — *almonds are a good source of fiber, providing 4 g per ounce (14-29% DV for 2-5 year-olds).*

CALCIUM: Calcium is essential for building strong bones in childhood¹ — *almonds have 76 mg calcium per ounce (6-11% DV for 2-5 year-olds).*

POTASSIUM: Potassium is a priority nutrient to increase, as it is key for overall wellbeing — including proper kidney and heart function, muscle contraction, and nerve conduction^{1,4} — *almonds have 208 mg potassium per ounce (4-7% DV for 2-5 year-olds).*

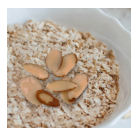
Ways Young Children Can Enjoy Almonds



28 unroasted, whole almonds
mixed with dried fruit for a snack



1-2 Tbsp. almond butter
on a rice cake



1/2 oz. sliced almonds
on oatmeal

HOW MUCH?

The *Dietary Guidelines for Americans, 2020-2025* recommends **2-5 oz of nuts/seeds per week** during early childhood (2-5 years).



ALMONDS ARE A POWERHOUSE SNACK

With mandatory, robust food safety measures in place, almonds are a safe source of many vital nutrients. When compared ounce for ounce, almonds are the tree nut with the highest level of protein, fiber, calcium — and often higher level of potassium and vitamin E. At just \$0.56/ounce,⁶ almonds are a more affordable option compared to pecans, hazelnuts, and walnuts.

Nutrition and Price Comparison of Tree Nuts Per Ounce (28g)^{5,6}

	Almond	Cashew	Hazelnut	Pecan	Walnut
Calories	160	160	180	200	190
Protein (g)	6	4	4	3	4
Dietary Fiber (g)	4	1	3	3	2
Iron (mg)	1.1	1.7	1.3	0.7	0.8
Vitamin E (mg)	7.3	0.3	4.2	0.4	0.2
Calcium (mg)	76	13	32	20	28
Potassium (mg)	208	160	190	116	125
Zinc (mg)	0.9	1.6	0.7	1.3	0.9
Price	\$0.56	\$0.56	\$1.49	\$0.80	\$0.62

REFERENCES

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