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.

**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 stores — 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 development — 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 baby — 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

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**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.

**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 function — 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 growth — 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

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**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 heart\(^1\) — 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 childhood\(^1\) — 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\(^14\) — 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)\(^5,6\)

<table>
<thead>
<tr>
<th></th>
<th>Almond</th>
<th>Cashew</th>
<th>Hazelnut</th>
<th>Pecan</th>
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<tr>
<td>Calories</td>
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<td>180</td>
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<tr>
<td>Vitamin E (mg)</td>
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REFERENCES

6. Prices based on cost of Good & Gather nuts on Target.com as of July 28, 2022.