



Almond Butter

Top 3 Excellent reasons to eat more almond butter:

1. Almonds are a healthy plant protein, in two tablespoons there are about 7 grams of protein.
2. Ounce for ounce, almonds are higher in fiber, calcium, vitamin E, riboflavin and niacin than any other tree nut.
3. Just 2 tablespoons serving of almond butter contains approximately 8 milligrams of vitamin E, which is about 50 percent of the 15 milligrams you need each day. Vitamin E protects your cells from damage caused by the aging process, pollution, and other contaminants. It also contains 112 milligrams of bone-building calcium, which is about 11 percent of your daily needs.

Each 2 tablespoons serving of almond butter provides the following nutrients, minerals, and vitamins:

- **Protein.** Almond butter contains about 7 to 8 grams of plant-based protein per 2-tbsp serving. This counts toward the recommended dietary allowances (RDA) for women of 46 grams and 56 grams for men, which varies by age and activity level.
- **Magnesium.** With about 89 milligrams of magnesium, each serving helps towards the RDA of 400–420 mg in men and 310–320 in women. Magnesium is essential for health, playing a role in over 300 chemical processes in the body.
- **Phosphorous.** Each serving contains 162 milligrams of phosphorus, which is about 17 percent of the RDA of 700mg for adults. Phosphorus helps the body to build healthy cells and bones and helps cells to produce energy.
- **Zinc.** A serving of almond butter provides 1.1 mg of zinc. This is 8 percent of the recommended daily intake of 11 mg for men, and 10.6 percent of the RDA of 8 mg for women. Zinc is necessary for immunity, protein synthesis, and DNA formation.
- **Vitamin E.** With about 7.7 milligrams of vitamin E per serving, almond butter provides almost 52 percent of an adult's RDA of 15 mg. Vitamin E is an important vitamin required for the proper function of many organs in the body. It is also an antioxidant.
- **Fiber.** A serving of almond butter provides 3 grams of fiber, contributing to the daily recommended of 25 to 30 grams. Fiber is beneficial in weight management, decreasing risk for diabetes type 2 and coronary artery disease by lowering cholesterol levels.

Health benefits of almond butter:

- Rich in healthy fats, improving cardiac health and preventing heart disease
- Weight management
- High in vitamin E, prevents oxidative cell damage

- Helps regulate blood sugar
- Muscle building

Good fit for:

- Plant-based diet
- Gluten-free diet
- High protein diet
- Vegan and vegetarians
- Paleo diet
- Mediterranean diet

Sources:

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