



23 almonds/day

IT'S AS EASY AS 1, 2, 3

Just remember 1-2-3. 1 ounce of almonds, or about 23, is the ideal daily portion recommended in the Dietary Guidelines for Americans! Almonds are an easy, tasty, on-the-go snack that delivers the nutrition your clients need and the crunch they crave. So how can you make sure they're getting the perfect portion? Here are some simple tips to measure the perfect portion every time:

Purchase tins for your patients to fill with their 23 almonds a day. Go to Almonds.com/shop.



SMALL BABY FOOD JAR



1/4 MEASURING CUP



3" x 3" STICKY NOTE



HANDFUL



SMARTPHONE



SHOT GLASS

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans*, 2015. 8th Edition, Washington, DC: U.S. Government Printing Office.

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