

# ALMONDS: THE PERFECT GLUTEN-FREE ADDITION



## THE GLUTEN-FREE DIET

A gluten-free diet requires the avoidance of foods containing gluten, namely wheat, rye and barley. While individuals with celiac disease must follow a gluten-free diet, many others are seeking to limit their intake of gluten. Because gluten-free diets are often low in iron, fiber, B vitamins and protein, and high in saturated fat and sugar, it is important to help fill these gaps and optimize nutrition.

## THE ALMOND ADVANTAGE

All forms of almonds make an excellent addition to a gluten-free diet. Almonds, almond butter, almond flour and almond milk can fit into any meal or snack and are packed full of nutrition. One ounce—or about 23 California Almonds—adds a healthy boost to any meal or snack, providing vitamin E (7.3mg), magnesium (76g), potassium (210mg), fiber (4g), protein (6g), unsaturated fat (13g), saturated fat (1g), calcium (75mg), iron (1mg), phosphorus (135mg) and riboflavin (0.3mg).

### ALMONDS (WHOLE, SLICED, SLIVERED)

- Snack on the perfect portion of almonds. It's easy—just grab a healthy handful (about 23 almonds).
- Top your morning yogurt or hot cereal, such as cream of brown rice, buckwheat, cornmeal or gluten-free oatmeal, with fruit and chopped or slivered almonds for a nutrition-packed crunch.
- Make your own trail mix with almonds, dried fruit, ground flax and gluten-free cereals.
- Toss slivered or sliced almonds into your favorite salads for additional flavor, crunch and nutrition.
- Sprinkle sliced or slivered almonds on gluten-free pasta or whole grains, such as amaranth, buckwheat, millet, quinoa or wild, black, brown or red rice.

### ALMOND FLOUR

- You can purchase almond flour or make your own by grinding blanched almonds in small batches to a fine powder using a food processor.
- For an added crunch, coat meat, poultry, fish, seafood and vegetables with almond flour before baking or sautéing.
- Use almond flour when baking for moist, golden-brown treats.

### ALMOND MILK

- Almond milk is available at your local grocery store.
- Pour almond milk over your favorite gluten-free hot or cold cereal, or add to your morning coffee for an extra layer of flavor.
- Incorporate almond milk into your favorite soups and smoothies.

### ALMOND BUTTER

- Spread it on your favorite gluten-free bread, muffin, waffle or pancake for a power breakfast.
- Almond butter and jelly sandwiches are a perfect meal or snack.
- Blend it into your morning breakfast smoothie.
- For an afternoon pick-me-up, spread almond butter on gluten-free crackers, brown rice cakes, fruit or crunchy vegetables.

# NUTRIENT ESSENTIALS

When following a gluten-free diet, it is important to pay special attention to those nutrients that are often lacking. Fiber, protein, calcium, iron and good fats\* are important for your overall health and can easily be added to your gluten-free diet by including almonds in delicious meals and snacks throughout the day. Use these ideas and fill in your own for ways to incorporate nutrient-rich foods into each part of your day.

## **BREAKFAST:**

Protein, calcium and fiber can be the stars of your breakfast in a low-fat yogurt parfait topped with fresh fruit and almonds. My breakfast ideas:

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

## **MID-MORNING SNACK:**

Snack on gluten-free whole-grain crackers topped with almond butter for a snack that will provide protein and good fats for energy to last until lunchtime. My mid-morning snack ideas:

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

## **LUNCH:**

Choose lentil soup with a side salad topped with dried fruit and crunchy sliced almonds to add iron and fiber to your lunch. My lunch ideas:

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

## **AFTERNOON SNACK:**

Make your own trail mix full of fiber by mixing roasted almonds, dried fruit and gluten-free cereal for an energizing boost to your afternoon. My afternoon snack ideas:

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

## **DINNER:**

Try almond-crusted salmon with a side of quinoa and roasted vegetables for a delicious way to load up on good fats and iron while winding down from your day. My dinner ideas:

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

\*U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.