

Take a green step... 

stepintomygreenworld.com

Almonds

 cancer fighter

 heart health

 lower cholesterol



Did you know?
Almonds help stabilize insulin & sugar levels. This makes almonds great for treating diabetes.



Almonds are essential for a healthy heart.

Provide...

omega-3s
riboflavin
magnesium
manganese
vitamin B2
vitamin E
copper
phosphorus

Almonds contain high levels of ingredients that promote a healthy heart. L-arginine strengthens the artery walls and reduces the risk of developing blood clots. Almonds are also high in omega-3 fatty acids which are very well known for their antioxidant effects.

Lower cholesterol

Almonds are one of the best foods for lowering cholesterol. They are rich in polyunsaturated fatty acids, fiber, and plant sterols which all help lower cholesterol.

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