

Nutrition In A Nutshell

Satisfying Snacks For All Occasions

(NAPSA)—When you're at work and looking for a mid-morning boost, or at the grocery store looking for a pre-dinner nosh, you can easily find a smart, satisfying snack: look for almonds. With toasty flavor, crunch and essential nutrients, they're a nutritious alternative to potato chips or pretzels.

According to Keith Ayoob, Ed.D., R.D., F.A.D.A., author of "The Uncle Sam Diet: The Four Week Eating Plan for a Thinner, Healthier America," the ideal snack is high in protein, fiber and heart-healthy monounsaturated fat, which together help you feel fuller longer. Almonds are packed with all of the ingredients necessary to help you stay satisfied in between meals. In fact, researchers have discovered that people who snack on almonds consume fewer calories at later meals—the almonds help you feel full.

The delicate, toasty flavor of almonds goes well with a variety of ingredients for a satisfying snack. When choosing a snack, "give a nod to health, but temper it with fun and enjoyment," Dr. Ayoob says.

While not all tasty foods are good for you, almonds contain the antioxidant vitamin E, protein, fiber, magnesium, potassium, calcium, phosphorus and iron, all in 160 calories per serving. Plus, research shows that as part of a balanced eating plan almonds can help lower LDL, or "bad," cholesterol levels.

From honey-roasted almonds to parmesan-herb almonds to spicy Cajun almonds, there is an almond snack to satisfy every palate. Try them in the following recipe, which can make an energizing afternoon snack or a delicious nibble at a cocktail hour.



Spicy almonds are a great way to have a flavorful snack while keeping healthy.

Paprika Almonds

- 1 egg white
- 1 teaspoon salt
- ½ teaspoon ground cumin
- ¼ teaspoon good-quality sweet paprika
- 2 cups whole blanched or natural almonds

Preheat oven to 350°F. Line a baking sheet with parchment paper or well-oiled foil. Whisk together egg white, salt, cumin and paprika in a medium bowl, and add almonds and toss to coat. Spread almonds on prepared baking sheet and roast for 10 minutes. Stir and continue roasting 15 to 20 minutes, or until golden and fragrant. Transfer almonds on parchment or foil to a rack and cool completely. Loosen with a spatula and serve, or store airtight for up to a day.

For more serving ideas, visit www.AlmondsAreIn.com.