

## AN ANALYSIS OF HEALTH BENEFITS OF ALMONDS

**Deepti Mathpal\*; Gulshan Rathore\*\***

\*SOP, Sanskriti University,  
Mathura, Uttar Pradesh, INDIA  
Email id- [deepti.ips@sanskriti.edu.in](mailto:deepti.ips@sanskriti.edu.in),

\*\*SOP, Sanskriti University,  
Mathura, Uttar Pradesh  
Email id: [gulshan.ips@sanskriti.edu.in](mailto:gulshan.ips@sanskriti.edu.in)

**DOI:10.5958/2249-7137.2021.02585.4**

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### ABSTRACT

*Almonds are highly rich in vitamin E, copper manganese, fiber magnesium, phosphorus, monounsaturated fatty acids, & riboflavin protein, among or nutrients. Despite fact that almost half of an weight of almond is fat, daily intakes of 7 grams of this tree nut decrease LDL cholesterol content by 1%, particularly when combined with diets advised by National Cholesterol Education Program. Consumption of almonds on a regular basis does not cause weight gain, & its inclusion in low-calorie diets seems for promoting greater weight reduction compared to diet depending upon carbohydrate low-calorie. Almonds have lower glycemic index & have no negative effects on sensitivity of insulin. Almond is good source of bioavailable - tocopherol, & eating more of m increases LDL's resistance to oxidation. Furrmore, polyphenolic components of almonds have recently studied & shown to have antioxidant properties. While advantages of almonds for cardiachealth & obesity-related illnesses seem to be promising, allergic reactions in sensitive people may be a problem. More study is needed to get a better knowledge of function of bioavailability & bio-accessibility of almond components, along with synergy between m, in health consequences associated with m.*

**KEYWORDS:**Almonds, Cholesterol, Food, Nutrient, Vitamin.

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