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Wheat

Wheat, or *Triticum aestivum*, is an excellent source of dietary fiber however in the United States most of the wheat used to produce breads, pastas, and cereals is processed into a 60% extraction of bleached white flour. Many persons are also intolerant to wheat, and wheat is identified as one of the major food allergens in the U.S.

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Marcel C; Pravikoff D; CINAHL Nutrition Guide, EBSCO Publishing, 2021 Jul 02 (Evidence-Based Care Sheet)

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3. Health Nuts: Eating Nuts May Be Healthful



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5. Oral Allergy Syndrome



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Title: Almond By: Marcel C, Pravikoff D, CINAHL Nutrition Guide, July 2, 2021

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Almond

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Evidence-Based Care Sheet

By: Cherie Marcel, BS
Cinahl Information Systems, Glendale, CA
Edited by: Diane Pravikoff, RN, PhD, FAAN
Cinahl Information Systems, Glendale, CA

What We Know

- The **almond** (*Prunus amygdalus*), part of the Rosaceae family, is referred to as a tree nut and as the seed of the fruit of the **almond** tree. The two types of **almond** are bitter and sweet. Unlike the sweet **almond**, the bitter **almond** is inedible but is used to make **almond** oil, flavoring agent in certain foods and liquors (amaretto). Other tree nuts include cashew, pecan, and pistachio ^(1,12,26)
- The skin of the **almond** contains more than 20 flavonoids (i.e. plant compounds) and the meat of the **almond** is rich in vitamin E. Consuming the whole **almond**, including the skin, doubles the amount of antioxidants received. Blanching **almonds**, which removes their skins, lowers antioxidants. The **almond** can be eaten as a healthy snack, cooked in a variety of recipes, ground and pressed to make butter or milk, chopped, roasted, blended, crumbled, or sprinkled in or on food ^(1,12,17)
- Evidence supports the inclusion of nuts in weight loss diet plans because nuts enhance satiety (i.e., a sense of fullness), reduce appetite and have resulted in no increase in daily calories consumed when included as a mid-morning snack ^(12,14)
- Action of **almonds**
 - Almonds** are rich in plant sterols, riboflavin (vitamin B2), magnesium, copper, and vitamin E. An **almond** is also a great source of protein, fiber, and unsaturated fats ^(1,4,17)
 - Plant sterols or phytosterols have a similar structure to cholesterol. They can block cholesterol absorption and lower cholesterol and low-density lipoproteins (LDL) ^(7,8,23)
 - Riboflavin (vitamin B2) is important for the growth, development and function of cells and plays an major role in energy production and metabolism of fats, drugs and steroids ^(12,20)
 - The mineral magnesium has many health benefits including the prevention of heart disease, diabetes and the maintenance of healthy bone tissue ⁽¹²⁾
 - Magnesium balances calcium in the cells, which regulates nerve and muscle tone and maintains nerve and muscle relaxation. These actions contribute to the prevention of high blood pressure, muscle spasm, asthma, migraine headache, general soreness, and fatigue



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DOI 10.1007/s00394-014-0759-z



ORIGINAL CONTRIBUTION

A mid-morning snack of almonds generates satiety and appropriate adjustment of subsequent food intake in healthy women

Sarah Hull · Roberta Re · Lucy Chambers ·
Ana Echaniz · Martin S. J. Wickham

Received: 2 July 2014 / Accepted: 6 August 2014 / Published online: 3 September 2014
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Abstract

Purpose To assess the effect of consuming a mid-morning almond snack (28 and 42 g) tested against a negative control of no almonds on acute satiety responses.

Method On three test days, 32 healthy females consumed a standard breakfast followed by 0, 28 or 42 g of almonds as a mid-morning snack and then ad libitum meals at lunch and dinner. The effect of the almond snacks on satiety was assessed by measuring energy intake (kcal) at the two ad libitum meals and subjective appetite ratings (visual analogue scales) throughout the test days.

Results Intake at lunch and dinner significantly decreased in a dose-dependent manner in response to the almond snacks. Overall, a similar amount of energy was consumed

Keywords Almonds · Satiety · Appetite · Snack · Energy intake · *Ad libitum* · Visual analogue scales (VAS)

Introduction

Satiety—the inter-meal inhibition of hunger and eating that arises as a result of consuming food [1]—is influenced by a wide variety of interacting factors, involving physiological processes in the brain and body, and the social and physical environments [2]. Foods that generate strong sensations of satiety can help consumers control their appetite, eat healthily and manage their weight [3]. A problem for weight management is thought to be snacking [4]. This

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Authors: [Caple C](#), RN, BSN, MSHS; [Marcel C](#), BS**Affiliation:** Cinahl Information Systems, Glendale, CA**Editors:** [Pravikoff D](#), RN, PhD, FAAN**Source:** [CINAHL Nutrition Guide](#) EBSCO Publishing, (Ipswich, Massachusetts), 2019 Mar 29**Publication Type:** Evidence-Based Care Sheet - CEU, exam questions**Language:** English**Major Subjects:** [Anorexia Nervosa](#) -- [Drug Therapy](#)
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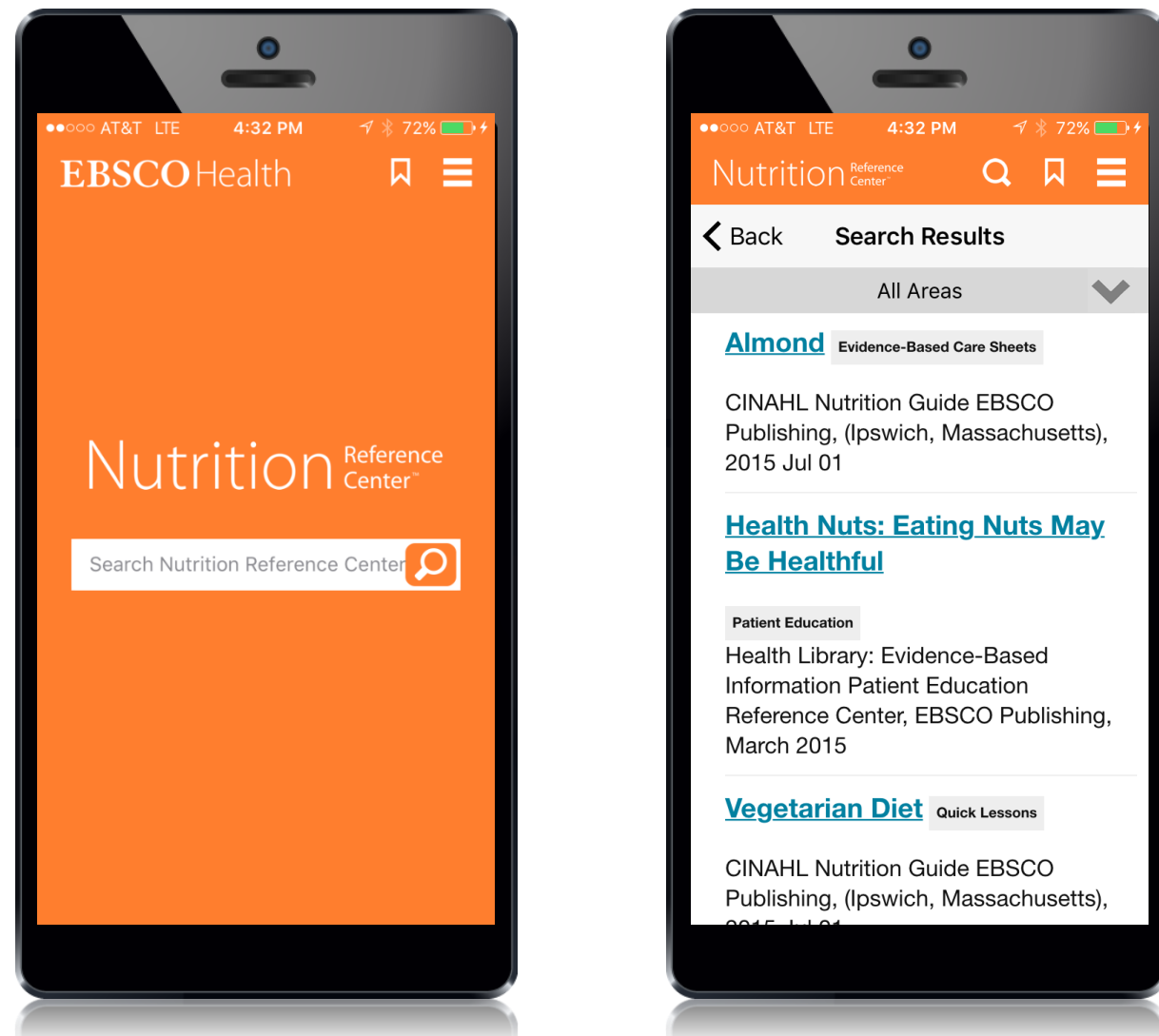
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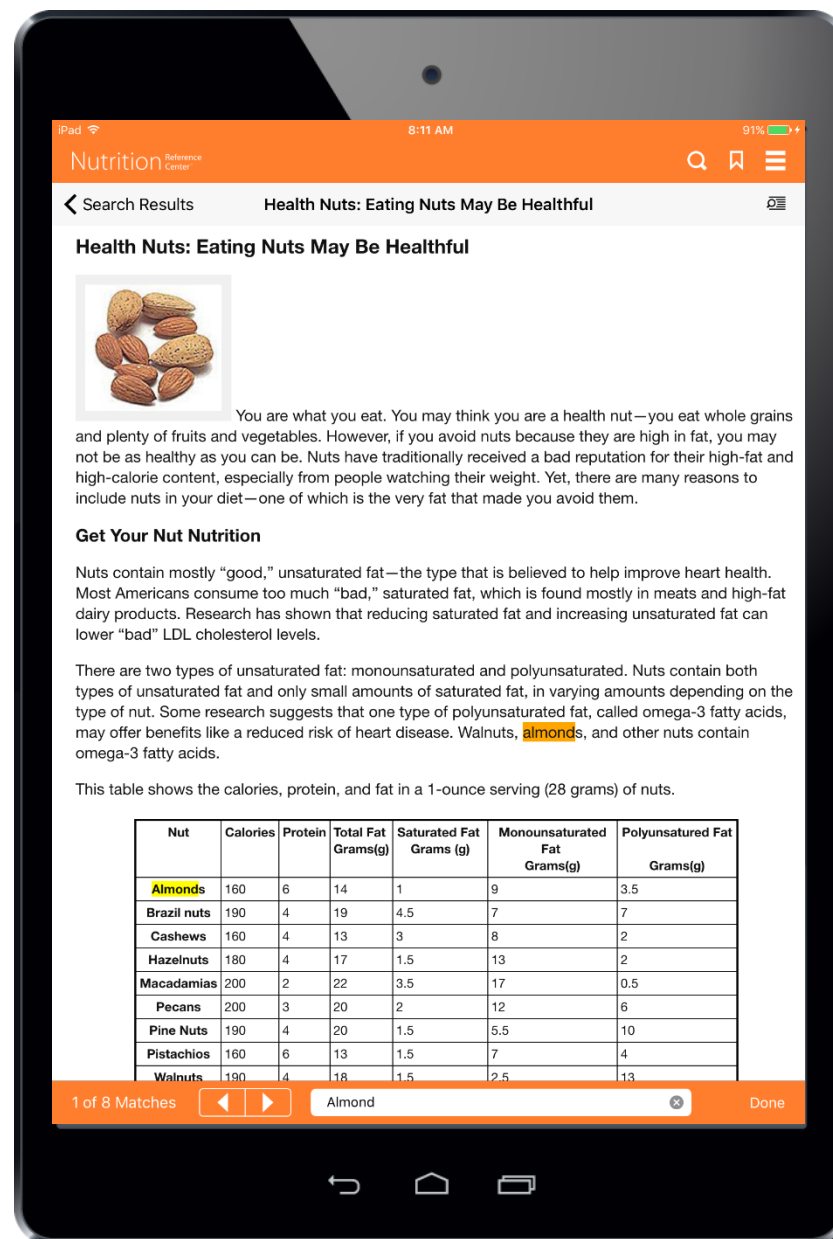
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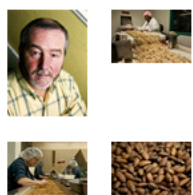
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