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**GIVE YOUR FAVORITE FOODS A DELICIOUSLY
NUTRITIOUS MAKEOVER**
*Tossing Almond Accents Onto Your Favorite Foods Adds Taste,
Crunch and Health Benefits*

LOS ANGELES, CA – Today consumers are focusing on making smarter food choices and losing weight. Replacing high saturated fat, empty calorie foods with healthier and tastier options is a simple way to “makeover” your favorite meals and help you lose weight.

Sunkist® Almond Accents® are flavored sliced almonds that are highly versatile. They can be used to conveniently top salads, rice, vegetables, fish and many other dishes instead of fried, low nutrient and high saturated fat food toppings, taking you one step closer to achieving weight loss goals or maintaining ideal weight.

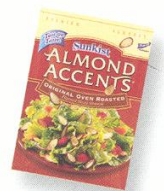
For example, topping a salad with Almond Accents in place of “bacon bits” or cheese not only decreases saturated fat from the dish, but it adds a natural source of healthy monounsaturated fat. Research shows that diet plans incorporating healthy fats can be more effective for long-term weight loss than more restrictive low fat plans because dieters feel more satisfied and are more apt to continue with the plan¹.

The fried onions that top the traditional green bean casserole recipe add saturated fat and provide little nutritional value. Simply replace the fried onions with Almond Accents to eliminate the saturated fat. In addition, almonds are an excellent source of vitamin E, a powerful antioxidant known to slow the aging process and protect against heart disease and cancer.

Vitamin E in almonds is in the form of alpha-tocopherol and the National Academy of Sciences (NAS) states that this form is the one form of vitamin E that is most efficiently used by the human body. The NAS

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recommends consuming 15 milligrams of alpha-tocopherol vitamin E per day². A handful of almonds offers 7.3 mg of alpha-tocopherol.

Almonds are nutrient dense

Beyond great taste, almonds are the most nutrient dense nut, meaning that they offer a variety of nutrients per serving including: magnesium, protein, fiber, copper, riboflavin and calcium. In fact, almonds are higher in fiber and calcium than any other nut.

Almonds are naturally cholesterol-free

The National Heart, Lung and Blood Institute (NHLBI) and the U.S. Dietary Guidelines for Americans recommend consumers substitute saturated fat in the diet with unsaturated fats, such as the monounsaturated fat that is found in almonds, to reduce cholesterol levels³. Eating one ounce of almonds daily as part of a healthy lifestyle lowers LDL cholesterol (bad cholesterol), thereby reducing the risk of heart disease⁴.

According to The American Heart Association (AHA), almonds significantly lower bad cholesterol levels. The more almonds eaten in place of higher saturated fat foods, the greater chances for lowering cholesterol.

Sunkist Almond Accents are dry roasted with no added oil and have no cholesterol, no saturated fat and just 1 g of carbohydrates per tablespoon. For more information about Almond Accents including recipe ideas, visit www.almondaccents.com.

Sources:

- 1 International Journal of Obesity, October 2001, Volume 25, Number 10, Pages 1503-1511
- 2 National Academy Press, 2000
- 3 The National Heart, Lung and Blood Institute, 2001; USDA, 2000
- 4 Fulgoni V, Presented at Experimental Biology, 2002

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