



# CALIFORNIA ALMONDS UNLEASH THE FULL POTENTIAL

**WITH MORE FORMS THAN ANY OTHER TREE NUT**, California almonds are a versatile ingredient that can be used in any product or formulation concept. In fact, almonds continue to lead the way as the #1 nut in new product introductions globally and in bakery, bars and cereals.<sup>1</sup>

Here, a team of experts at the Almond Board of California (ABC) share guidance and resources to help manufacturers **maximize the use of almonds to the ingredients' full potential**.



## A SAFE AND STABLE SUPPLY

**Tim Birmingham** | Director of Quality Assurance and Industry Services, Almond Board of California

- ABC's Pasteurization Program addresses safety throughout the system, from growers and handlers to processing, packaging and sales
- All California almonds are pasteurized using one of several methods that maintain the raw characteristics of almonds - their taste, texture and nutritional characteristics, including:

BLANCHING

OIL ROASTING

STEAMING

PROPYLENE OXIDE (PPO)

- ABC was awarded the prestigious GMA Food Safety Award in 2019, in recognition of serving as a leader in the low moisture food safety arena. Investment in research and innovation has led to improvements in the way almonds are harvested and handled to ensure safety



## THE CRUNCH CONSUMERS CRAVE

**Guangwei Huang** | Associate Director, Food Research and Technology, Almond Board of California

### ROASTING

- Heat unleashes layers of roasting and results in a crispier crunch that consumers crave
- Lighter roasted almonds can have a longer shelf life

### SHELF LIFE

- Raw almonds can have a shelf life of up to 2 years if stored in ideal conditions:
  - Maintain the almond's moisture content below 6% - ideally between 3.5% - 5.5%
  - Ensure a storage environment that's below 60% relative humidity
  - Aim to maintain a temperature below 59°F
  - Packaging will also extend the shelf life



## PACKED WITH POWERFUL NUTRITION

**Swati Kalgaonkar, PhD** | Associate Director, Nutrition Research Program, Almond Board of California

- ABC's ever-expanding body of almond nutrition research totals over 165 scientific publications to date in areas including:
- **Did you know?** Almonds are the tree nut highest in 6 essential nutrients, as well as:<sup>2</sup>

6  
GRAMS

OF PLANT  
BASED  
PROTEIN

4  
GRAMS

OF FILLING  
DIETARY  
FIBER

13  
GRAMS

OF  
UNSATURATED  
FATS

HEART HEALTH

WEIGHT MANAGEMENT

DIET QUALITY

DIABETES/BLOOD  
GLUCOSE METABOLISM

- Almonds are gluten-free, high in vitamin E and in their many forms are ideal in free-from formulations

## HAVE A QUESTION ABOUT UNLEASHING THE FULL POTENTIAL OF ALMONDS?

**EMAIL FOODPROFESSIONALS@ALMONDBOARD.COM TO HAVE IT ANSWERED**

Learn about almond nutrition, roasting, shelf life and more at [Almonds.com/food-professionals/experts](https://Almonds.com/food-professionals/experts)

1. Innova Market Insights, Global New Product Introductions Report, May 2019.
2. Good news about fat. U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

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