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Almonds are the wonder food that nourishes our body when consumed regularly. Studies and research from long time have suggested that almonds are not only tastier but also one of the most nutritious of all edible dry foods. As the awareness about this tiny healthy food is spread, more and more consumers are turning towards making their lifestyle healthier by including almonds in their diet. Almonds are low in saturated fat and are known to contain protective nutrients like calcium and magnesium required for developing strong bones, vitamin E and compounds called phytochemicals, which help protect against cardiovascular disease and even cancer.

Regular almond consumption tends to lower the risk of cardiovascular disease and diabetes due to the high concentration of mono-saturated fats and also it is rich in fiber content which aids in indigestion problems. The enormous protein and fiber content of almonds help to regulate the fat metabolism structure of our body, thereby reducing the issue of overweight and obesity. It is also known to influence the blood glucose control and insulin response in our bodies. The nutrient content in almonds blocks the body's absorption of fats and also suppresses the appetite in this process leading to the control of cholesterol levels, maintaining the body weight and insuring the overall health.

Almonds travel a long way from groves to the kitchen tables in our house and it's hard to imagine that this tiny food makes such a long journey. Almonds undergo a tedious process of harvesting, processing, storing and then manufacturing before they come into our hands to relish. Almonds are manufactured for either commercial or industrial use and are even available as salted and roasted. You can also buy raw almonds in your nearby grocery store and then toast them, roast them and even chop them and include a handful of it in your meal to suffice your daily nutrition requirements. Almonds belong to the family of plums, and you can find the trees being cultivated in parts of North Africa, West Asia and the Mediterranean. Almonds appear like a fruit on the almond tree and look like a shell with hard husk and resemble the fleshy part of a peach. It is the husk that protects the inner part of almonds, from harsh environment conditions. Once it matures, the hull splits open exposing the shell and allowing the fleshy part to dry. Then it is harvested and shifted for processing.

Almonds are the best nutritional food that can be consumed by any one. These are the perfectly balanced food source and including just a few seeds in our diet reaps many health benefits. Most of the times I'm glued to the food programs of my television powered by Dish Network Offers that show simple healthy recipes to pep-up the dinner table. There are surprisingly numerous recipes that can be prepared using almonds starting with salads to main meal to desserts. The powerful tiny almonds, when included in starters like salads, gives an amazing crunchiness to the foods and it makes people gorge on food who does not even like salads.

Almond meal can be used to make cakes and cookies by substituting the regular plain flour. This is not only tastier but also nutritious and you can be devoid of not serving a healthy platter to your family as any food prepared by almonds sums-up to nutritional needs of an individual on a given day. Almonds, rich in health related components can save you and your family from unpredictable intruders like heart trouble and other serious diseases in your life. A handful of almonds consumed every day protects your health and increases your life span.

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<http://www.articleside.com/supplements-articles/a-handful-of-almonds-to-save-your-heart-and-reduce-obesity.htm> - [Article Side](#)

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Tina is a diet specialist and likes to write about nutritious food like almonds, its uses and implications in our daily life. She also watches foods shows on TV powered by a [Dish Network Offers](#) that telecasts healthy food preparations using almonds.

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