

23

IT'S AS EASY AS 1, 2, 3.

The perfect portion of almonds is 1 ounce, or **23** almonds.

The *2005 Dietary Guidelines for Americans* recommends a daily one-ounce portion of almonds, or about 23. Almonds are an easy, tasty, on-the-go snack that delivers the nutrition your patients need and the crunch they crave. So how will you make sure they're getting the perfect portion? Here are some simple tips for how to measure the perfect portion every time.



Small baby food jar



Shot glass



3"x 3" sticky note



Purchase more tins for your patients to fill with their 23 almonds a day.
www.AlmondsBoard.com/shop



Handful



1/4 measuring cup



Small spice bottle

 **california**
almonds™