

Almond: Europe's Favourite Nut for Snacking

May 2024



Health and nutrition

Ounce for ounce, almonds are the tree nut highest in protein, fiber, calcium, vitamin E, riboflavin and niacin and may be a more efficient way to consume certain nutrients.

One portion of almonds provides:

6 grams of protein

50% of daily vitamin E

77 milligrams magnesium

13 grams unsaturated fats

13% of daily fiber

Equivalent to:



4.8x as much quinoa

or



2.3x as many chickpeas



16.9x as much cooked asparagus

or



12.5x as much raw spinach



3.8x as many cooked black beans

or



9x as much tofu



3.9x as much avocado

or



6.3x as much salmon



5.7x as many bananas

or



13.3x as much pineapple



Use this QR code to access citation information.

Getting the most out of every drop

33%

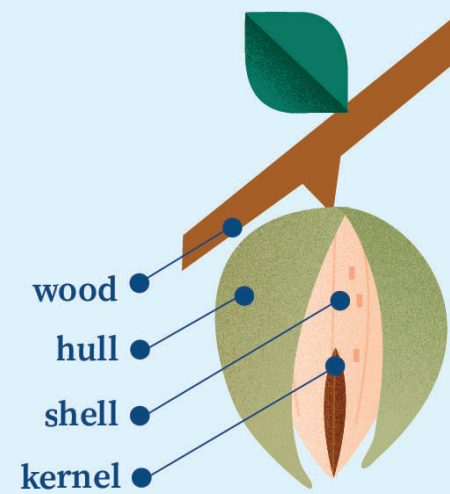
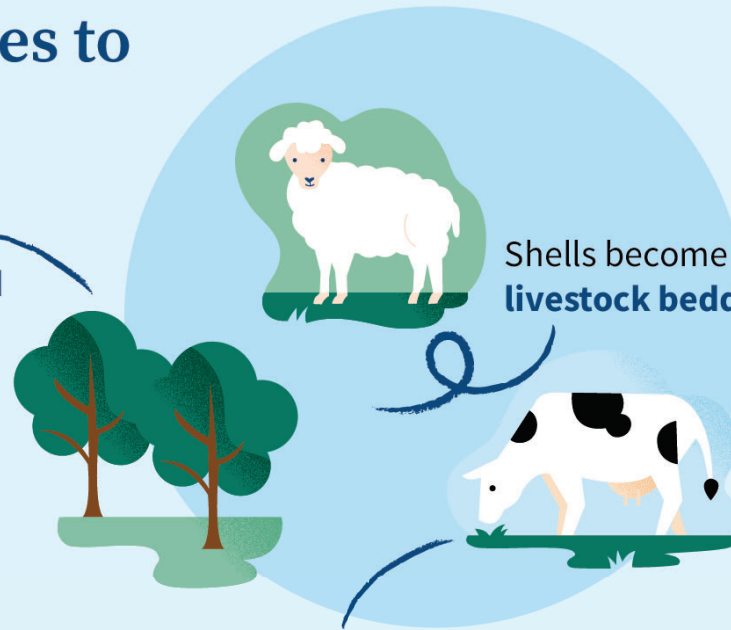
reduction in water used to grow each almond between 1990s–2010s

15%

more reduced between 2018–2022, part of a 20% reduction goal by 2025

Nothing goes to *waste*

Trees store carbon and are **transformed into electricity** or ground up into the soil at the end of their lives.



Reducing the water needed to grow other feed *crops*

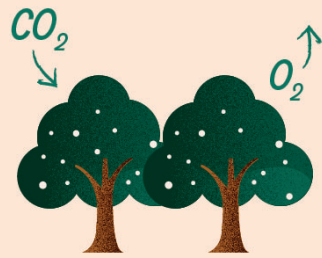
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440 billion gallons of water



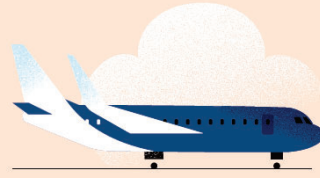
Climate smart farming

Almond trees store a lot of *carbon*



30 million
metric tons of carbon

=



3,134
Boeing 737s

or



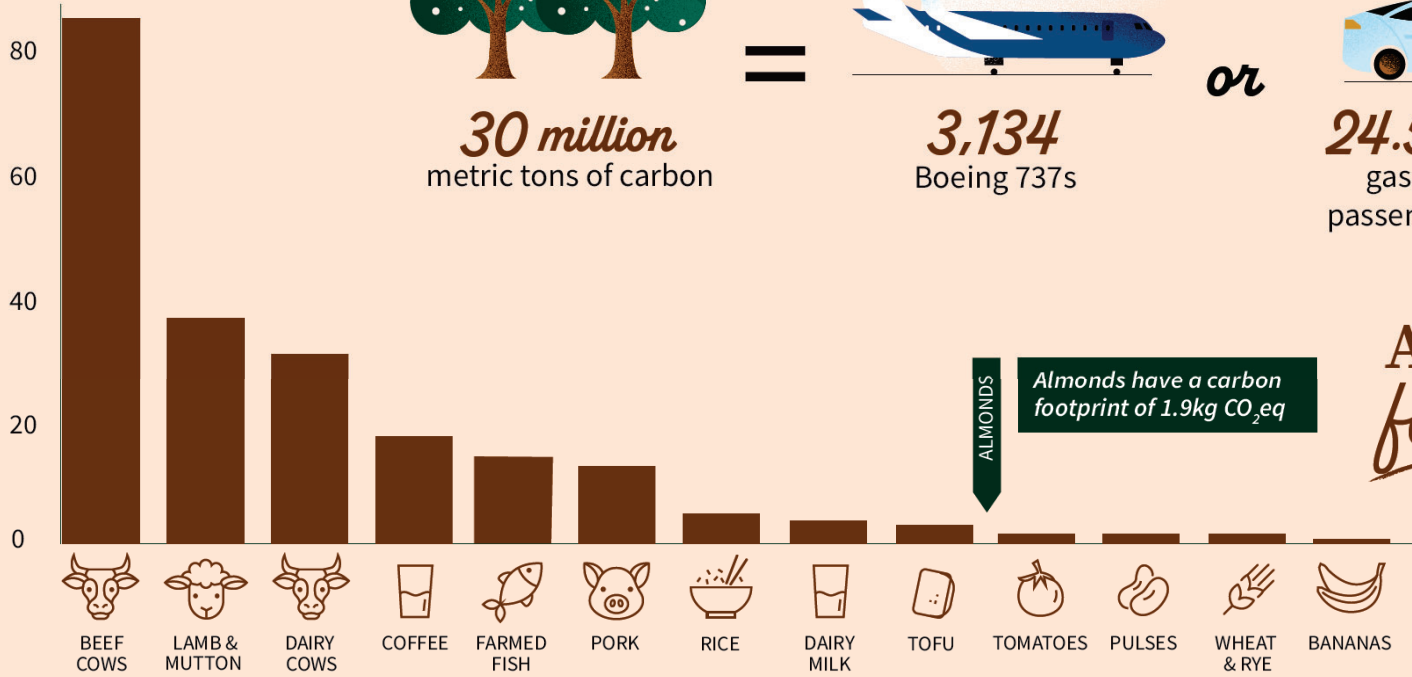
24.5 million
gas-powered
passenger vehicles

or



29
coal-fired
power plants

Greenhouse gas emissions per kilogram of food product (kg CO₂eq)



Almonds have a carbon footprint of 1.9kg CO₂eq

And have a low carbon footprint



Building biodiversity



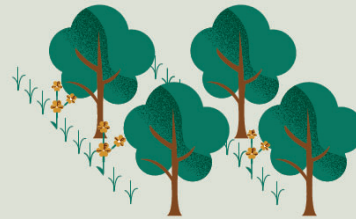
1 in 3 *bites*
of food depend
on pollinators.

Growing more than *almonds*



86%

of all U.S. **bee-friendly**
certified farms are
almond farms.



42%

of California almond orchards
(685K acres) **maintain cover**
crops between tree rows.



Helping
honey *bees*

Bees get their first food of the year in almond orchards as they collect nutritious pollen and nectar. Beekeepers report their **hives consistently leave stronger** than when they arrived.

