

Almond Board of California Study Highlights Almonds' Role in Improving Diet Quality Under New US Dietary Guidelines

27 May 2026 | News

Small dietary changes, such as adding almonds or replacing typical snacks with almonds, can improve intakes of protein, fibre, and overall diet quality



Small dietary changes, such as adding almonds or replacing typical snacks with almonds, can improve intakes of protein, fibre, and overall diet quality

New research funded by the Almond Board of California suggests that replacing processed snacks with almonds could significantly improve diet quality among American children and adults, aligning closely with the newly released 2025-2030 Dietary Guidelines for Americans (DGAs).

Published in the journal *Nutrients*, the study evaluated how adding almonds to diets or replacing commonly consumed snacks with almonds could impact nutritional intake and overall diet quality across different age groups in the United States.

Researchers found that replacing popular processed snacks such as cookies, cakes, candy, doughnuts, ice cream, and savoury snacks with almonds led to notable improvements in nutritional quality, particularly among children, teenagers, and young adults. Diets that included almonds were higher in protein, fibre, unsaturated fats, and magnesium, while showing lower levels of saturated fat, added sugars, sodium, and refined grains.

The study used data from the National Health and Nutrition Examination Survey (NHANES) collected between 2017 and 2023. Researchers applied computer-based dietary modelling scenarios to assess the nutritional effects of replacing unhealthy snacks with almonds or simply adding 30g or 50g servings of almonds to daily diets.

According to the findings, even adding almonds without removing other foods improved overall nutrient density and moved diets closer to recommended dietary patterns. Although calorie intake increased in some scenarios, previous research cited in the study indicated that almond consumption does not typically contribute to weight gain due to its satiating effects.

Adam Drewnowski said the findings remain highly relevant under the updated 2025-2030 dietary guidelines because almonds are considered nutrient-dense and minimally processed foods.

The research also highlighted almonds' nutritional profile, noting that a one-ounce serving provides 6g of protein, 4g of fibre, healthy unsaturated fats, and essential nutrients including magnesium, potassium, and vitamin E.

Researchers noted that while the study was based on dietary modelling and self-reported food intake data, the findings support the potential global relevance of almonds in improving diet quality, particularly in countries where Western-style eating patterns are increasingly common.