



Rose's Corner: Better Health Tips



Almonds: A Great Snack to Keep You Healthy

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Greetings!

It's traveling time again for festivals and tours but airplane service is getting worse. Even on long hauls they now sell fattening snacks. But you can beat them by carrying your own highly nutritional snacks.



Almonds make a great choice since they are small, weigh very little, easy to pack and carry a big impact. In fact they are good all the time. **Just think, a high-fat food that is good for your health. But the fats are the healthy fats.** They make a great snack when the afternoon droop comes along, much better than a high-sugar snack that will cause a rebound leaving you tired again later in the day.

Almonds aid in lessening after-meal blood sugar surges which helps protect against diabetes and cardiovascular disease, probably by lessening the increase in cholesterol-damaging free radicals that accompany large elevations in blood sugars. They also provide antioxidants that clean up the smaller amounts of free radical that still occur. **Almonds help fight cardiac disease, hypertension, cancer, lowering or controlling cholesterol and seem to promote weight loss.** The weight loss is not completely understood but some think that the cell walls of the almond do not allow all the fat to be absorbed into our bodies. The ones with the skin on them are thought to be the best bet.

A serving is one ounce which translates to 20-25 almonds. They are high in fiber, giving about 12% of the daily allowance. Almonds are also high in protein, vitamin E, Folic Acid, Magnesium, Phosphorus, and Zinc.

If you don't like almonds, other nuts are also helpful. Walnuts, pecans and chestnuts have high antioxidants along with peanuts. Just remember in moderation. Not a whole can or big bag at one time - one to two ounces per day worked into your food plan.

Visit www.NewOrleansMusiciansClinic.org for more health articles and tips!

Sincerely,

Rose Mancini, RN
New Orleans Musicians' Clinic (NOMC)
and Assistance Foundation (NOMAF)

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Rose Mancini, R.N., M.N.

NOMC Medical Outreach & Quality Improvement

I first became aware of the NOMC 9 years ago when my husband and I lost Frannie (Francis Harding), our dear British friend and co-owner of Fritzel's European Jazz Club on Bourbon Street. After his passing, we set up an NOMC memorial fund for Frannie.

As a nurse working at the VA for more than thirty years, I had been involved with infection control and improving the outcomes of patients. Finally stabilizing my life after the death of my husband and Katrina, I wanted to become actively involved in improving the health of New Orleans' musicians, who are truly the leaders in cultural recovery of the city.