

2000 - Effect of almonds on antioxidant status and platelet activity

Title:

Effect of almonds on antioxidant status and platelet activity

Summary:

The objective of this study was to assess the dose response effect of almond intake on plasma and red blood cell tocopherol concentrations in healthy adults enrolled in a randomized, crossover feeding trial. Participants were 16 healthy men and women, aged 41 ± 13 years. After a 2-week run-in period, participants were fed three diets for 4 weeks each: a control diet, a low-almond diet, and a high-almond diet, in which almonds contributed 0%, 10%, and 20% of total energy, respectively. Changes in blood tocopherol levels were assayed by high pressure liquid chromatography. Incorporating almonds into the diet helped meet the revised Recommended Dietary Allowance of 15 mg/day α -tocopherol and increased lipid adjusted plasma and red blood cell α -tocopherol concentrations. A significant dose-response effect was observed between percent energy in the diet from almonds and plasma ratio of α -tocopherol to total cholesterol.

Publications

Jambazian PR, Haddad E, Rajaram S, Tanzman J, Sabaté J. Almonds in a diet simultaneously improve plasma alpha-tocopherol concentrations and reduce plasma lipids. *J Am Diet Assoc*, 2005;105:449-454. [full text](#)

Presentations:

Jambazian P, Haddad E, Tanzman J, Sabaté J. Incorporating almonds in diet improves plasma alpha tocopherol levels. *Experimental Biology '01*. Orlando, FL, April 2001. [abstract](#)

Date: 2000

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