23 almonds/day

IT'S AS EASY AS 1, 2, 3

Almonds are an easy, tasty, on-the-go snack that delivers the nutrition your patients need and the crunch they crave. **The perfect daily portion is 28 grams or about 23 almonds**. So how will you make sure they're getting their 23? 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

HANDFUL

1/4 MEASURING CUP

SMALL SPICE BOTTLE

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