Health Benefits of Chronic Almond Snacking in Millennials

**STUDY:** The transition to nutritional independence makes new college students vulnerable to alterations in eating patterns, which can increase the risk of cardiometabolic disorders.

*We examined the potential benefits of almond vs. cracker snacking. Did the almonds improve gluoregulatory and cardiometabolic profiles in new college students?*

**SPEAKER:**
Professor Rudy M. Ortiz, Full Professor of Physiology and Chair of the Department of Molecular & Cell Biology at the University of California, Merced
You’re Invited

**DATE:** Tuesday, February 26

**TIME:** 12:15 - 1:15 p.m.

**LOCATION:**
Mercy Medical Pavilion
3rd Floor, Classrooms C/D
315 Mercy Ave
Merced, CA 95340

**RSVP BY FEBRUARY 20:**
Email Lillian.Sanchez@dignityhealth.org

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