



# Health Benefits of Chronic Almond Snacking in Millennials

## **SPEAKER:**

**Professor Rudy M. Ortiz,**

Full Professor of Physiology and Chair of the Department of Molecular & Cell Biology at the University of California, Merced

**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 glucoregulatory and cardiometabolic profiles in new college students?*



**Dignity Health**  
Mercy Medical Center



# 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](mailto:Lillian.Sanchez@dignityhealth.org)



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