

## AVOLA ALMOND

Nutritional Specifications Cultivation “Pizzuta”

### Qualitative and Nutritional Specifications

**Source:** *CaNaRa (Consiglio Nazionale Ricerche) – University of Catania*

Rich in nutritional properties, the almond of Avola is a small “casket of health” for its high content of vitamin E, unsaturated fats, magnesium, calcium, and high quality vegetable proteins . It is a tonic and has anti-inflammatory properties as well as helping whit bone calcification in pregnancy and menopause. It also alleviates menstrual pains and it is healthy and tasty natural antidepressant.

#### Triple the Vitamin E

Vitamin E is an important antioxidant: it protects fats from oxidation; it assists the assimilation of vitamin A and hemoglobin synthesis; it defends against arteriosclerosis; it aids against masculine sterility, helping to maintain prostate health.

#### For a Healthy Hearth

The percentage of lipids, 56,3%, represents the most significant component from the nutritional point of view of the Pizzuta d'Avola almond. And, in fact, composed for 90% of polyunsaturated fatty acids (better known as “Omega” fats) and by monounsaturated fatty acids (like those found in olive oil) they are particularly useful in the prevention of cardiovascular problems.

#### Drier... Healthier

The low umidity content of Pizzuta cultivation, 3,45%, is due to the lack of irrigation. This keeps to the minimum the attack of various parasites, among the dangerous *Aspergillus* fungus. In conditions of high humidity this parasite produces *aflatossines*, higly carcinogenic, of which the California cultivars suffer due to irrigation methods. The shells of the irrigated cultivars are too tender to seal and well-protect the seed from the parasites.

#### Amygdalin against cancer

Amygdalin is a fundamental component in determining the salubriousness of the almond. The scientific community has recently hypothesized a potential anticancer capacity of this molecule, due to the presence in the neoplastic cells of an enzyme that separates amygdalin with the formation of cyanide, in its turn lethal for the same cancer cells.

- Vitamin E
- Amygdalin
- Potassium

- Calcium
- Magnesium
- Damp
- Lipidic content
  
- Acid fats profile
- Oleic acid
- Linoleic acid
- Palmitic acid
- Stearic acid
- Palmitoleic acid

**Source:** Scienza dell'alimentazione – M. Cecchetti, P. Milanesi. Casa Editrice Ambrosiana, Milano.