

PRUNUS

Kingdom: Plantae

Order: Rosales

Family: Rosaceae

Genus: Prunus

Species: Prunus



Medicinal and Health Benefits:

Heart Health: The healthy fats and antioxidants in almonds can help reduce LDL (bad) cholesterol levels and improve overall heart health.

Blood Sugar Control: Almonds have a low glycemic index and can help stabilize blood sugar levels, which is beneficial for managing diabetes.

Weight Management: Due to their high fiber and protein content, almonds can help increase satiety and may aid in weight management.

Skin Health: The vitamin E in almonds helps protect the skin from oxidative damage and supports healthy skin.

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