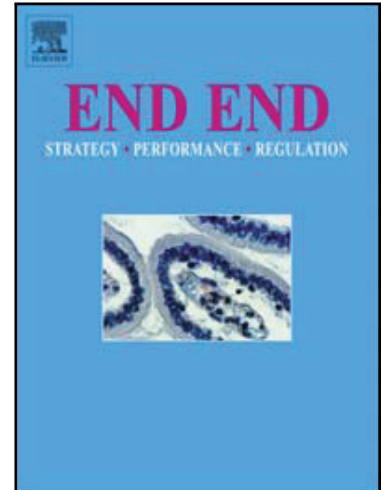


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A baru almond-enriched diet reduces abdominal adiposity and improves HDL concentrations: A randomized, placebo-controlled trial

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Highlights

- This is the first study that investigated the effects of baru almonds in overweight and obese women in a controlled diet.
- Daily consumption of baru almonds reduced abdominal adiposity and serum cholesteryl ester transfer protein (CETP) concentration.
- The addition of 20 g baru almonds on diet increased serum HDL concentrations.

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