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Marilyn Barron* (mbarron4@ucmerced.edu), 276 Dunbarton Road, Aromas, CA 95004, and **Jaapna Dhillon, Syed A. Asghar, Quintin Kuse, Natalie De La Cruz, Emily Vu, Suzanne S. Sindi and Rudy M. Ortiz.** *Assessing the Impact of 8 Weeks of Almond Consumption on Anthropometric and Clinical Measurements in College Freshmen.* Preliminary report.

Biomedical research has provided support for the dietary benefit of almond consumption. However, most of the studies to date have considered only adult populations (age 40+). In this study, we assess the impact of chronic (8-weeks) almond snacking on college freshmen at UC Merced. We observed 73 UC Merced freshmen (mean age: 18.08, mean BMI: 25.44) for eight weeks. 35 consumed a control snack of graham crackers and 38 consumed an isocaloric amount of almonds (2 ounces, 325 kcal) for 8 weeks. Anthropometric and clinical measurements were collected before the study began and at the fourth and the eighth week. With this data, we have outlined a plan to generate multiple models to apply theoretical analyses to robustly assess the effects of chronic almond snacking on anthropometric and clinical outcomes. To date, we have not detected a significant difference in any of the anthropomorphic measurements. We continue to perform many of the biochemical measurements, but of those completed, we observe an increase in plasma HDL in the almond group at week 8 suggesting that chronic almond snacking has the potential to improve the metabolic profile independent of profound changes in anthropomorphic measures such as body mass or adiposity. (Received September 26, 2017)