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I Ate Almond Butter Every Day for a Week—Here’s What Happened to My Body and Blood Sugar

Plus, dietitians share the pros and cons of the nut butter.

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Creamy or crunchy, salty or sweet, nut butters will always have a place in my routine. As a **type 1 diabetic** (an autoimmune disease in which my body does not make insulin), I am always looking for **foods to help keep my blood sugar stable**. I've tried eating **peanut butter daily** to see how it impacted my routine, so I thought I'd try eating almond butter every day for a week to see what it did to my body and blood sugar.

Meet the experts: Lee Cotton, R.D., author of *A Nourishing Perspective*; Sahar Berjis, R.D., M.P.H., founder of Inner Health and Wellness

The good news is that almond butter's nutrition profile makes it ideal for people concerned about their blood sugars. Full of good-for-you fats and protein, the combination helps curb blood sugar spikes. "Adding almond butter to carbs helps slow sugar absorption—goodbye energy crashes," explains **Sahar Berjis, R.D.**, M.P.H., founder of Inner Health and Wellness.

What happened when I ate almond butter every day

I added a single tablespoon of almond butter to my daily routine fairly simply. I began by enjoying a dollop with my morning yogurt, and by the end of the seven-day experiment, even enjoyed a tablespoon straight up.

The biggest difference I saw was in my blood sugar levels. As someone whose body cannot regulate blood sugar on its own, finding ways to mitigate spikes and crashes is key to my general well-being (read: mental health and physical health). So instead of the sharp rise in blood sugar readings that typically occurs after I eat my morning Greek yogurt (note: a sharp rise isn't necessarily a bad thing, and I'm not saying a high blood sugar. Your blood sugar is supposed to go up and down, just within a certain range), I saw a more gradual, steady incline.

I also noticed that I felt fuller longer. As opposed to reaching for a mid-morning snack, I found myself making it to lunchtime a bit easier.

Almond butter nutrition

I chose Once Again Crunchy Almond Butter for this experiment, which contained the following per a 2 tbsp serving:

- Calories: 190
- Fat: 16 g
- Saturated fat: 1.5 g
- Protein: 7 g
- Carbohydrates: 6 g
- Added sugar: 0 g
- Dietary fiber: 3 g

Benefits of eating almond butter

Depending on the brand, there is a slew of health benefits associated with eating almond butter. "Almond butter is an affordable and easy nutritional powerhouse," explains Lee Cotton, R.D., author of *A Nourishing Perspective*. These may include:

A source of plant-based protein

It's a great source of plant-based protein with healthy monounsaturated fats, and rich in calcium, iron, vitamin E, and magnesium.

Supports blood sugar management

This is the biggest positive that I've seen. As I wear a continuous glucose monitor (CGM), I was able to see the impact pairing a tablespoon of almond butter with my morning yogurt had on my glucose levels. I saw a steadier (note, less steep) rise with the breakfast combination, whereas eating yogurt solo in the past led to a sharp increase.

Boosts bone health

Lee says it's great for bone and muscle strength, and science backs this up. A single tablespoon of almond butter contains 45 mg of magnesium and 56 mg of calcium, which research shows helps bone strength.

Supports a healthy gut

"In many anti-inflammatory protocols, we actually recommend nut butter over whole nuts. Why? It's already broken down, which makes it gentler on digestion and easier for the body to absorb nutrients—especially for clients healing the gut," explains Berjis.

Aids in satiety

Berjis says, "It helps you stay full longer, which means fewer 'what's in the pantry?' moments later." Plus, the protein mentioned above plays a role in feelings of fullness.

Can I eat almond butter every day?

"Yes, you can eat almond butter every day for a quick and convenient protein boost," Cotton says. But, like most good things in life, the key is moderation. "Almond butter is calorically dense, so be mindful of the serving size and be sure you are getting a variety of foods into your daily food intake pattern."

Potential downsides of almond butter

Almond butter, like many nut butters and nuts in general, is calorie-dense, so those looking to follow a **calorie-deficit diet** for weight loss may want to watch their portions. And, of course, those with nut allergies will want to forego almond butter. Small children may want to avoid it as well, as it may pose a choking hazard.

What type of almond butter is healthiest?

“Simple is best,” Cotton says. “Try to avoid ingredients that include added hydrogenated oils or excess refined sugar. In terms of raw almond butter versus almond butter made from roasted almonds, choose your flavor preference or play with both.”

How much almond butter should I eat in a day?

Again, almond butter is calorie-dense, so portion matters. “The ideal portion for the average person to consume daily is two tablespoons,” Cotton says.

The bottom line

I enjoyed the experiment and found the biggest boon was in my blood sugar readings. I also found that almond butter paired well with more flavors than peanut butter (I’m a sucker for chocolate and peanut butter together, but fundamendally almond butter tasted better with my morning peach Greek yogurt than peanut butter did). Otherwise, I saw no major difference in my body, but I will continue to enjoy almond butter in my routine. Particularly when it comes to eating high-carbohydrate foods, to help curb blood sugar spikes.

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