



# NUTRIENTS IN ONE OUNCE OF WALNUTS

NUTRIENT	UNITS	AMOUNT
CALORIES	KCAL	190
TOTAL FAT	G (%DV)	18 (23)
◦ SATURATED FAT	G (%DV)	1.5 (8)
◦ POLYUNSATURATED FAT	G	13
· LINOLEIC ACID (18:2)	G	11
· LINOLENIC ACID (18:3)	G	2.5
◦ MONOUNSATURATED FAT	G	2.5
CHOLESTEROL	MG (%DV)	0 (0)
SODIUM	MG (%DV)	0 (0)
TOTAL CARBOHYDRATE	G (%DV)	4 (1)
◦ DIETARY FIBER	G (%DV)	2 (7)
◦ TOTAL SUGARS	G	1
· ADDED SUGARS	G (%DV)	0 (0)
PROTEIN	G	4
VITAMIN D	MCG (%DV)	0 (0)
CALCIUM	MG (%DV)	30 (2)
IRON	MG (%DV)	0.8 (4)
POTASSIUM	MG (%DV)	130 (2)
VITAMIN A	MCG RAE (%DV)	0 (0)
VITAMIN C	MG (%DV)	0 (0)
VITAMIN E	MG (%DV)	0 (0)
VITAMIN K	MCG (%DV)	0 (0)
THIAMIN	MG (%DV)	0.1 (8)

NUTRIENT	UNITS	AMOUNT
RIBOFLAVIN	MG (%DV)	0.04 (4)
NIACIN	MG (%DV)	0.3 (2)
VITAMIN B6	MG (%DV)	0.2 (10)
FOLATE	MCG DFE (%DV)	30 (8)
VITAMIN B12	MCG (%DV)	0 (0)
PANTOTHENIC ACID	MG (%DV)	0.2 (4)
PHOSPHORUS	MG (%DV)	100 (8)
MAGNESIUM	MG (%DV)	45 (10)
ZINC	MG (%DV)	0.9 (8)
SELENIUM	MCG (%DV)	1 (2)
COPPER	MG (%DV)	0.45 (50)
MANGANESE	MG (%DV)	0.1 (45)
CHOLINE	MG (%DV)	10 (2)

NUTRIENT	UNITS	AMOUNT
BETAINE	MG	0.1 †
TOCOPHEROL, ALPHA	MG	0 †
TOCOPHEROL, BETA	MG	0.04 †
TOCOPHEROL, GAMMA	MG	5.91 †
TOCOPHEROL, DELTA	MCG	0.54 †
CAROTENE, BETA	MCG	3 †
CAROTENE, ALPHA	MCG	0 †
CRYPTOTOXANTHIN, BETA	MCG	0 †
LUTEIN + ZEAXANTHIN	MCG	3 †



Source: US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015, slightly revised May 2016.

G = Gram; MG = Milligram; MCG = Microgram; % DV= % Daily Value; RAE = Retinol Activity Equivalent; DFE = Dietary Folate Equivalent; † = Daily Value (DV) not established

# WHY WALNUTS?

WALNUTS ARE CERTIFIED BY THE AMERICAN HEART ASSOCIATION WITH THE HEART-CHECK MARK

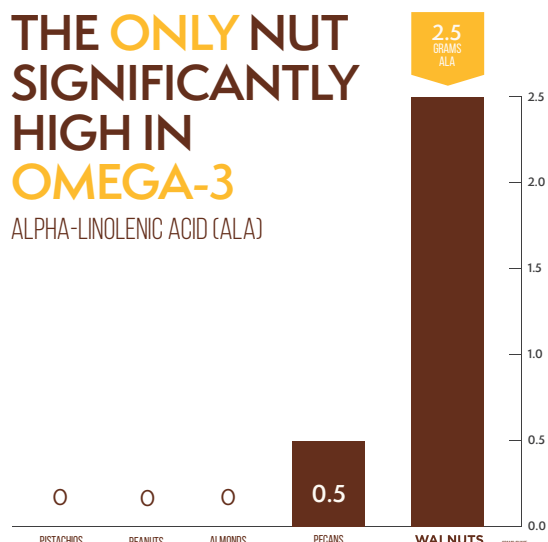


PER 1 OZ. SERVING

Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid—the plant based omega-3.

## THE ONLY NUT SIGNIFICANTLY HIGH IN OMEGA-3

ALPHA-LINOLENIC ACID (ALA)



US DEPARTMENT OF AGRICULTURE, AGRICULTURAL RESEARCH SERVICE, NUTRIENT DATA LABORATORY USDA NATIONAL NUTRIENT DATABASE FOR STANDARD REFERENCE, RELEASE 28, VERSION CURRENT, SEPTEMBER 2015, SLIGHTLY REVISED MAY 2016.



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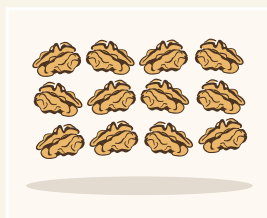
## PORTION SIZE RECOMMENDATION



1 OUNCE



1/4 CUP



12-14 HALVES



1 HANDFUL

## PROPER STORAGE

Maintain the fresh taste of California Walnuts by keeping them cold. Walnuts go bad when exposed to warm temperatures for long periods of time. Walnuts purchased in sealed bags can be stored in original packaging. Once you open the bag, transfer the walnuts to an airtight container to maintain freshness and then keep them cold. If you are going to use the walnuts right away, keep them in your refrigerator away from foods with strong odors. If you will be storing them for a month or longer, store them in your freezer.

Visit [walnuts.org](http://walnuts.org) for free downloadable patient education materials, continuing education opportunities and recipes!