GRAB A HANDFUL OF NUTRITION

Just a handful of heart-healthy walnuts daily provides an excellent source of omega-3 ALA.*

Grab a bag today.

*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 offers 18g of total fat, 2.5g of monounsaturated fat, 1g of polyunsaturated fat including 2.5g of alpha-linolenic acid - the plant-based omega-3.