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 diet, may reduce the risk of coronary heart disease. As part of a low saturated fat diet, 1 ounce of walnuts per day may reduce the risk of coronary heart disease. One ounce of walnuts offers 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.