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. This recommendation applies to people who are at risk for coronary heart disease. FDA concludes that there is little evidence to support the claim that eating walnuts reduces 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."