



HEART-HEALTHY* CALIFORNIA WALNUTS

are the **only nuts** that contain a significant amount of plant-based **omega-3 ALA** (2.5 grams per ounce), and one ounce of walnuts offers **4 grams of protein** and **2 grams of fiber**.



The unique flavor of walnuts pairs beautifully with an extraordinarily wide range of recipes featuring fruits and vegetables.

For recipes, resources and more
visit **walnuts.org**.



Per One Ounce Serving.

*Heart-Check food certification does not apply to recipe unless expressly stated. See heartcheckmark.org/guidelines. 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. 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.

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PERFECT PAIRINGS WITH
CALIFORNIA WALNUTS
FRUITS AND VEGETABLES



get recipes at walnuts.org