



Walnuts: Your Solution to Satisfying Weekday Meals and Snacks

One Bag, So Many Possibilities

California walnuts have a sweet and mild taste that pairs perfectly with sweet or savory foods. They add a nutty crunch to many recipes, improving both texture and flavor.

During the Day

Grab a handful and add to your...



Powerful Snack Pairs

Include with your favorite produce item...



Dinnertime

Add a crunchy boost of plant protein to almost any meal.



Store Properly to Keep Fresh

Maintain the freshness of walnuts by keeping them stored in an airtight container in the refrigerator or freezer. We recommend storing them in the cheese drawer!



PSST! Look for walnuts in the produce section, not just the baking aisle!



For more simple recipe ideas, scan the QR code.



One Handful Provides Powerful Nutrients

DYK? Walnuts fit across a variety of recommended eating patterns and culinary uses:

- ▶ Nuts, such as walnuts, are part of the Mediterranean Diet¹
- ▶ Plant-forward eating emphasizes more produce like walnuts
- ▶ A great substitute for ground meat
- ▶ A portable and satisfying snack

One ounce of walnuts contributes important nutrients for optimal health, including:²



4g
protein



2g
fiber



A good source of
magnesium (45mg)



Melatonin
(3.5 +/- 1.0 mg/g)



An excellent source of ALA, the plant-based omega-3 fatty acid (2.5g) – **the most of any tree nut**



Walnuts are certified by the American Heart Association with the Heart-Check mark^{*}

A Daily Serving of Walnuts



1
Ounce



1/4
Cup



1
Handful



12-14
Halves

Resources

1. Willett WC, Sacks F, Trichopoulos A, Drescher G, Ferro-Luzzi A, Helsing E, Trichopoulos D. Mediterranean diet pyramid: a cultural model for healthy eating. Am J Clin Nutr. 1995 Jun;61(6 Suppl):1402S-1406S. doi: 10.1093/ajcn/61.6.1402S. PMID: 7754995.

2. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

^{*}California walnuts are certified by the American Heart Association. Heart-Check certification does not apply to recipes, research or information unless expressly stated. 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, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

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