# Nutrients in One Ounce of Walnuts


**G = Gram; MG = Milligram; MCG = Microgram; %DV = % Daily Value; RAE = Retinol Activity Equivalent; DFE = Dietary Folate Equivalent; † = Daily Value (DV) not established**

<table>
<thead>
<tr>
<th>NUTRIENT</th>
<th>UNITS</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CALORIES</strong></td>
<td>KCAL</td>
<td>190</td>
</tr>
<tr>
<td><strong>TOTAL FAT</strong></td>
<td>G (%DV)</td>
<td>18 (23)</td>
</tr>
<tr>
<td>° SATURATED FAT</td>
<td>G (%DV)</td>
<td>1.5 (8)</td>
</tr>
<tr>
<td>° POLYUNSATURATED FAT</td>
<td>G</td>
<td>13</td>
</tr>
<tr>
<td>° LINOLEIC ACID (18:2)</td>
<td>G</td>
<td>11</td>
</tr>
<tr>
<td>° LINolenic ACID (18:3)</td>
<td>G</td>
<td>2.5</td>
</tr>
<tr>
<td>° MONOUNSATURATED FAT</td>
<td>G</td>
<td>2.5</td>
</tr>
<tr>
<td>CHOLESTEROL</td>
<td>MG (%DV)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>SODIUM</td>
<td>MG (%DV)</td>
<td>0 (0)</td>
</tr>
<tr>
<td><strong>TOTAL CARBOHYDRATE</strong></td>
<td>G (%DV)</td>
<td>4 (1)</td>
</tr>
<tr>
<td>° DIETARY FIBER</td>
<td>G (%DV)</td>
<td>2 (7)</td>
</tr>
<tr>
<td>° TOTAL SUGARS</td>
<td>G</td>
<td>1</td>
</tr>
<tr>
<td>° ADDED SUGARS</td>
<td>G (%DV)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>G</td>
<td>4</td>
</tr>
<tr>
<td>VITAMIN D</td>
<td>MCG (%DV)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>CALCIUM</td>
<td>MG (%DV)</td>
<td>30 (2)</td>
</tr>
<tr>
<td>IRON</td>
<td>MG (%DV)</td>
<td>0.8 (4)</td>
</tr>
<tr>
<td>POTASSIUM</td>
<td>MG (%DV)</td>
<td>130 (2)</td>
</tr>
<tr>
<td>VITAMIN A</td>
<td>MCG RAE (%DV)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>VITAMIN C</td>
<td>MG (%DV)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>VITAMIN E</td>
<td>MG (%DV)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>VITAMIN K</td>
<td>MCG (%DV)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>THIAMIN</td>
<td>MG (%DV)</td>
<td>0.1 (8)</td>
</tr>
<tr>
<td>RIBOFLAVIN</td>
<td>MG (%DV)</td>
<td>0.04 (4)</td>
</tr>
<tr>
<td>NIACIN</td>
<td>MG (%DV)</td>
<td>0.3 (2)</td>
</tr>
<tr>
<td>VITAMIN B6</td>
<td>MG (%DV)</td>
<td>0.2 (10)</td>
</tr>
<tr>
<td>FOLATE</td>
<td>MCG DFE (%DV)</td>
<td>30 (8)</td>
</tr>
<tr>
<td>VITAMIN B12</td>
<td>MCG (%DV)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>PANTOTHENIC ACID</td>
<td>MG (%DV)</td>
<td>0.2 (4)</td>
</tr>
<tr>
<td>PHOSPHORUS</td>
<td>MG (%DV)</td>
<td>100 (8)</td>
</tr>
<tr>
<td>MAGNESIUM</td>
<td>MG (%DV)</td>
<td>45 (10)</td>
</tr>
<tr>
<td>ZINC</td>
<td>MG (%DV)</td>
<td>0.9 (8)</td>
</tr>
<tr>
<td>SELENIUM</td>
<td>MCG (%DV)</td>
<td>1 (2)</td>
</tr>
<tr>
<td>COPPER</td>
<td>MG (%DV)</td>
<td>0.45 (50)</td>
</tr>
<tr>
<td>MANGANESE</td>
<td>MG (%DV)</td>
<td>0.1 (45)</td>
</tr>
<tr>
<td>CHOLINE</td>
<td>MG (%DV)</td>
<td>10 (2)</td>
</tr>
<tr>
<td>BETAINe</td>
<td>MG</td>
<td>0.1†</td>
</tr>
<tr>
<td>TOCOPHEROL, ALPHA</td>
<td>MG</td>
<td>0 †</td>
</tr>
<tr>
<td>TOCOPHEROL, BETA</td>
<td>MG</td>
<td>0.04 †</td>
</tr>
<tr>
<td>TOCOPHEROL, GAMMA</td>
<td>MG</td>
<td>5.91 †</td>
</tr>
<tr>
<td>TOCOPHEROL, DELTA</td>
<td>MCG</td>
<td>0.54 †</td>
</tr>
<tr>
<td>CAROTENE, BETA</td>
<td>MCG</td>
<td>3 †</td>
</tr>
<tr>
<td>CAROTENE, ALPHA</td>
<td>MCG</td>
<td>0 †</td>
</tr>
<tr>
<td>CRYPTOTOXANTHIN, BETA</td>
<td>MCG</td>
<td>0 †</td>
</tr>
<tr>
<td>LUTEIN + ZEAXANTHIN</td>
<td>MCG</td>
<td>3 †</td>
</tr>
</tbody>
</table>

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**WHY WALNUTS?**

Walnuts are certified by the American Heart Association with the Heart-Check Mark.

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 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.

**THE ONLY NUT SIGNIFICANTLY HIGH IN OMEGA-3**

**PER 1 OZ. SERVING**

- **ALMONDS**: 0.5 grams
- **PECANS**: 0.5 grams
- **PEANUTS**: 0.0 grams
- **PISTACHIOS**: 0.0 grams
- **WALNUTS**: 2.5 grams

**PORTION SIZE RECOMMENDATION**

- **1 OUNCE**: 12–14 halves
- **1/4 CUP**: 1 handful

**PROPER STORAGE**

Maintain the fresh taste of California Walnuts by keeping them cold. Walnuts go bad when exposed to warm temperatures for long periods of time. Walnuts purchased in sealed bags can be stored in original packaging. Once you open the bag, transfer the walnuts to an airtight container to maintain freshness and then keep them cold. If you are going to use the walnuts right away, keep them in your refrigerator away from foods with strong odors. If you will be storing them for a month or longer, store them in your freezer.

Visit walnuts.org for free downloadable patient education materials, continuing education opportunities and recipes!