Walnuts are a heart-healthy food*

One ounce of walnuts equals:
- 4 grams of protein
- 2 grams of fiber

99% of English walnuts grown in the United States come from California

Walnut shells are used in soaps, scrubs, jewelry polishers, and more

They are recognized as the oldest tree food known to man, about 7,000 BC

Walnuts grow on trees in a brown shell covered by a green hull

*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, 2g of mono-unsaturated fat, 1g of polyunsaturated fat, including 2g of alpha-linolenic acid, the plant-based omega-3.