

25

YEARS

OF HEALTH
RESEARCH



CALIFORNIA WALNUT COMMISSION

\$17 MILLION INVESTMENT

The California Walnut Commission (CWC) Health Research Program

was created to extend the understanding and knowledge of the nutritional value of walnuts and explore the role of walnuts in a healthy diet. We are committed to the scientific integrity of industry funded research.

Scientific research supported by the CWC is often cited by leading food and nutrition groups and associations as a model for whole foods research.

55+ INSTITUTIONS AND UNIVERSITIES

140+ PEER-REVIEWED PUBLICATIONS

10 COUNTRIES



USA



Canada



South Korea



UK



Japan



Germany



Spain



Australia



China



Israel

WHY HEALTH RESEARCH?

The CWC supports nutrition science and new scientific knowledge that contributes to understanding the unique health and wellness benefits associated with consuming California walnuts.

These scientific contributions are necessary to provide new evidence supporting the development of dietary recommendations worldwide. Evolving health research is also important in assessing the state of the science, review of needs and gaps, and establishing a strong scientific foundation aimed at improving public health.

While the CWC does provide funds and/or walnuts for various projects, all studies are conducted independently by researchers who design the experiments, interpret the results and present evidence-based conclusions.

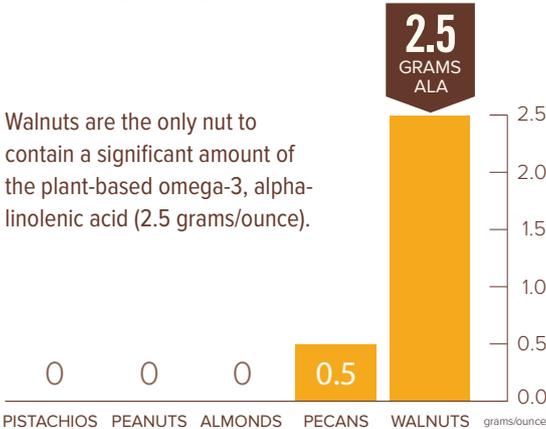
HEALTH RESEARCH FOCUS AREAS

- Body Weight & Composition
- Cancer
- Heart Health
- Diabetes
- Cognitive Health
- Reproductive Health
- Metabolic Syndrome
- Gut Health
- and many more

NUTRIENT PROFILE

California walnuts are a nutrient-dense food that can fit into a number of healthy eating patterns. Current research efforts are underway to better understand the role of walnuts in supporting health, as well as their contribution to various healthy lifestyles, including needs for specific populations and healthy dietary patterns.

Walnuts are the only nut to contain a significant amount of the plant-based omega-3, alpha-linolenic acid (2.5 grams/ounce).



USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018

Nutrition Facts	
Serving Size 1oz. (28g / about ¼ cup)	
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 13g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Incl. 0g Added Sugars 0%	
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 130mg	2%

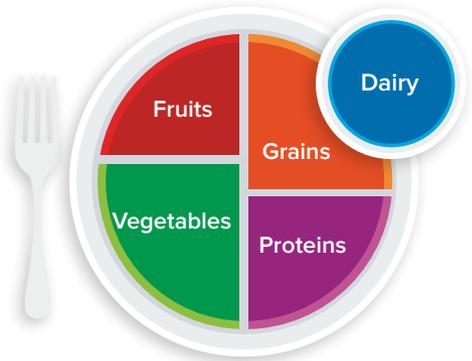
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Due to the evidence supporting the cardiovascular benefits of walnuts, the U.S. Food and Drug Administration approved one of the first qualified health claims for a whole food in March of 2004: *“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.”*

WALNUTS AND DIETARY GUIDANCE

Nutrition research has contributed to the evolving understanding of the health benefits of walnuts.

The 2015-2020 Dietary Guidelines for Americans encourage a shift from current eating patterns to a healthy eating pattern that includes nutrient-dense foods and beverages in place of less healthy choices. Among other things, a healthy eating pattern includes a variety of protein foods, including nuts and seeds along with seafood, lean meats and poultry, eggs, legumes, and soy products.



To learn more visit: ChooseMyPlate.gov

HEALTH RESEARCH COMMUNICATIONS

Research information conducted with the help of the CWC is vigorously shared with consumers and health media.

Participation at health and nutrition conferences



Health and nutrition education resources

Collaboration with institutions and organizations



Representation at scientific meetings



Interested in learning more? Please contact:

info@walnuts.org

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