NUTRIENTS IN 100g OF ENGLISH WALNUTS

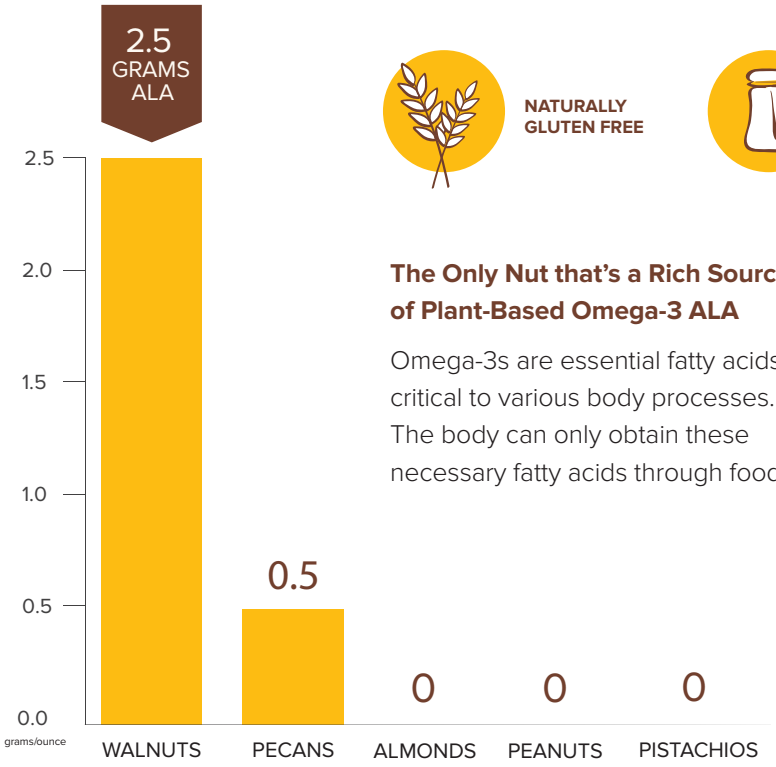
NUTRIENT	AMOUNT RAW DATA	AMOUNT ROUNDED DATA	AMOUNT UNIT
Calories	654	650	
Total fat	65.21	65	g
Saturated fat	6.126	6	g
Trans fat	0	0	g
Polyunsaturated fat	47.174	47	g
Linoleic acid (18:2)	*38.093*	*38*	
Linolenic acid (18:3)	*9.08*	*9*	
Monounsaturated fat	8.933	9	g
Cholesterol	0	0	mg
Sodium	2	0	mg
Total Carbohydrate	13.71	14	g
Dietary Fiber	6.7	7	g
Total Sugars	2.61	3	g
Added Sugars	0	0	g
Protein	15.23	15	g
Vitamin D	0	0	mcg
Calcium	98	100	mg
Iron	2.91	2.9	mg
Potassium	441	440	mg
Vitamin A	1	0	mcg RAE
Vitamin C	1.3	1	mg
Vitamin E	0.7	0.7	mg
Vitamin K	2.7	3	mcg
Thiamin	0.341	0.3	mg
Riboflavin	0.15	0.2	mg
Niacin	1.125	1.1	mg
Vitamin B6	0.537	0.5	mg
Folate	98	100	mg DFE
Vitamin B12	0	0	mg
Pantothenic acid	0.57	0.6	mg
Phosphorus	346	350	mg
Magnesium	158	160	mg
Zinc	3.09	3.1	mg
Selenium	4.9	5	mcg
Copper	1.586	1.6	mg
Manganese	3.414	3.4	mg
Choline	39.2	40	mg
Betaine	0.3	0.3	mg
Tocopherol, Alpha	0.7	0.7	mg
Tocopherol, Beta	0.15	0.15	mg
Tocopherol, Gamma	20.83	20.83	mg
Tocopherol, Delta	1.89	1.89	mcg
Carotene, Beta	12	12	mcg
Carotene, Alpha	0	0	mcg
Cryptoxanthin, Beta	0	0	mcg
Lutein + Zeaxanthin	9	9	mcg

US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015, slightly revised May 2016.

g = Gram
mg = Milligram
mcg = Microgram

RAE = Retinol Activity Equivalent
DFE = Dietary Folate Equivalent

California WALNUTS



USDA Natural Nutrient Database for Standard References, Release 28, 2015

NATURALLY GLUTEN FREE

NATURALLY SODIUM FREE

NATURALLY CHOLESTEROL FREE

The Only Nut that's a Rich Source of Plant-Based Omega-3 ALA

Omega-3s are essential fatty acids critical to various body processes. The body can only obtain these necessary fatty acids through food.

Why Do Consumers Choose Walnuts?

A recent study among U.S. consumers found that walnuts are rated highly on nutrition (91%), convenience (81%) and taste (78%)*, all key attributes for product selection.

With a powerhouse of important nutrients, delicious taste and satisfying crunch – walnuts offer unlimited versatility to a range of product categories from baked goods, desserts, confections, and spreads/sauces to meat alternatives.

American Heart Association CERTIFIED Meets Criteria For Heart-Healthy Food

Per one ounce serving.

On Pack: Heart-Specific Messaging

Consumers everywhere are becoming more aware of the link between nuts and heart health.*

72% of consumers would buy a food product containing walnuts if "heart-healthy" is on the package.*

*California Walnuts Attitudes & Usage Study, Edelman Intelligence, April 2017

Visit **walnuts.org/food-manufacturers** for food manufacturer's technical guide, consumer research studies, product formulation ideas for inspiration and more on walnuts' health profile.