



**GOODNESS  
IN A NUTSHELL**





# WHERE IS GOODNESS FOUND?

## IN YOU.

In the power you have to achieve your wellness goals.

In the choices you make to fuel yourself with the right foods.

Maximize your goodness with the goodness in walnuts. Walnuts are a simple, yet powerful food to fuel wellness and fitness goals.

- Good fats, including omega-3 ALA (2.5g/oz)
- Plant-based protein (4g/oz)
- Fiber (2g/oz)
- Health benefits from head to toe
- Convenient and delicious



## 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%

*Trans* 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.



## GOOD FATS

Walnuts are predominantly made up of good, unsaturated fats including the essential omega-3 alpha-linolenic acid (ALA), with 2.5 grams per ounce. Of the 18 grams of total fat in one ounce of walnuts, 13 grams are polyunsaturated and 2.5 grams are monounsaturated, making them an ideal choice for a good-fat food. The Dietary Guidelines for Americans recommend replacing saturated fats with unsaturated fats (like those found in walnuts) to support cardiovascular health.<sup>1</sup>

## PLANT-POWERED PROTEIN

Scientific research continues to support more plant-based choices as part of a healthy eating plan.<sup>1</sup> Protein comes in a variety of plant foods such as nuts, seeds, legumes, pulses and soy-based foods. Plant proteins can be mixed and matched with other sources including seafood, lean meats and poultry, eggs, and dairy to help provide the balanced nutrition you need. ¼ cup walnuts = 4 grams of satisfying plant-based protein.

## NUTRIENTS, NOW

Walnuts have something for just about everyone. They offer a spectrum of beneficial nutrients that fit a variety of eating plans from Mediterranean and vegetarian to lower carbohydrate diets. Beyond good fats and plant protein, they are a natural source of antioxidants,<sup>2</sup> gluten-free, and lower in carbohydrates (4 grams total per ounce, including 2 grams of fiber). They can enhance almost any healthy eating plan to support an active lifestyle and provide the staying power you need to go the extra mile.

<sup>1</sup> U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020–2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

<sup>2</sup> Walnuts offer a variety of antioxidants (3.721 mmol/oz), including polyphenols (69.3 ± 16.5 μmol catechin equivalents/g) and gamma tocopherol (5.91 mg/ounce). The data for antioxidant capacity of foods generated by test-tube methods cannot be extrapolated to human effects. Clinical trials to test benefits of dietary antioxidants have produced mixed results.

*"Walnuts are a perfect food for on-the-go, living-out-of-a-suitcase athletes, but also everyday fitness enthusiasts. Practically speaking, they're portable, durable, and a convenient package of key nutrients that almost everyone can benefit from."*

*– Chris Mohr, PhD, RD*



# GOODNESS FROM HEAD TO TOE

## 1 HEART

The heart is a vital organ, and in fact, a muscle that needs to be kept in tip top shape. Walnuts are a heart-healthy<sup>1</sup> food that may beneficially impact cholesterol, blood pressure, inflammation, and blood vessel function, which are all important for keeping the heart strong.

## 2 BRAIN

Your brain affects everyday physical performance. Research suggests walnuts may influence concentration, mood, memory, depression, and Alzheimer's disease.<sup>2,3,4,5</sup>

## 3 GUT

The health of the gut may be linked to a variety of health benefits. Choosing the right foods to fuel your gut microbiome is key, and research shows that walnuts may be a good choice.<sup>6</sup>

## 4 INFLAMMATION

Inflammation can be caused by a number of things, whether it's sore muscles after a strenuous workout, painfulness after an injury, or due to a disease such as arthritis, diabetes, or obesity. Over time, inflammation causes damage to the body, but what you eat can help lessen this impact.<sup>7</sup> Nutrients in walnuts may play a role in reducing inflammation, including omega-3 ALA (2.5 grams/ounce).<sup>8</sup>

<sup>1</sup> 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, 2.5g of monounsaturated fat, 13g of polyunsaturated fat, including 2.5g of alpha-linolenic acid, the plant-based omega-3.

<sup>2</sup> Arab L, Ang A. A cross sectional study of the association between walnut consumption and cognitive function among adult us populations represented in NHANES. *J Nutr Health Aging*. 2015;19(3):284-90.

<sup>3</sup> Pribis P. Effects of Walnut Consumption on Mood in Young Adults – A Randomized Controlled Trial. *Nutrients*. 2016;8(11):668.

<sup>4</sup> Arab L, Guo R, Elashoff D. Lower Depression Scores among Walnut Consumers in NHANES. *Nutrients*. 2019 Jan

26;11(2): pii: E275.

<sup>5</sup> Muthajyah B, Essa MM, Lee M, et al. Dietary supplementation of walnuts improves memory deficits and learning skills in transgenic mouse model of Alzheimer's disease. *J Alzheimers Dis*. 2014;42(4):1397-405.

<sup>6</sup> Holscher HD, Guetterman HM, Swanson KS, et al. Walnut Consumption Alters the Gastrointestinal Microbiota, Microbially Derived Secondary Bile Acids, and Health Markers in Healthy Adults: A Randomized Controlled Trial. *J Nutr*. 2018;148(6):861-867.

<sup>7</sup> Galland L. Diet and inflammation. *Nutrition in Clinical Practice*. 2010;25(6):634-40.

<sup>8</sup> Hardman E. Diet components can suppress inflammation and reduce cancer risk. *Nutrition, Research and Practice*. 2014;8(3):233-40.





# POWER UP WITH WALNUTS



Walnuts are a simple but powerful ingredient that can enhance any meal or snack. Here are some ideas:

- **Blend:** Boost up your smoothies and shakes by blending in walnuts for a creamy, rich flavor.
- **Pair:** Combine walnuts with other nutrient-rich foods for a balanced snack.
  - Fresh pear slices topped with cheese and chopped walnuts
  - Banana topped with walnut butter
  - Tuna salad with chopped apples and walnuts
  - Dates stuffed with walnut halves
  - Greek yogurt with walnuts and a dash of cinnamon
- **Pulse:** Use a food processor to pulse walnuts and mushrooms, cauliflower or beans with desired seasoning to create a satisfying meat replacement for tacos, chili, pasta sauce, burgers, and more.
- **Buy:** Look for convenient ready-to-go products with walnuts like snack bars or bites, trail mixes, nut butters, and nut milks.
- **Spread:** Add extra flavor to your wraps, sandwiches, and dips by making walnut-based hummus, aioli, pesto, and nut butter.
- **Spice:** Toss walnuts in extra virgin olive oil or egg whites, along with your favorite herbs and spices, before toasting – and *viola!* – a delicious home made snack or topping for a salad or grain bowl. Try rosemary and sea salt for a savory flavor.



*A quick and  
easy option for  
a nutritionally  
balanced meal  
or snack*

# AVOCADO, ARUGULA, TOMATO, AND WALNUT TOAST

## INGREDIENTS:

- 2 slices whole grain bread (no added sugar)
- 1/4 avocado
- 1/3 cup baby arugula
- 4 cherry tomatoes, sliced widthwise
- 1/4 cup California walnuts, toasted and roughly chopped
- 1 teaspoon balsamic glaze
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

## PREPARATION:

1. Toast bread in toaster or toaster oven. Scoop out avocado flesh and mash in a small bowl with a fork. Spread mashed avocado evenly onto each toast slice.
2. Top avocado with arugula leaves, tomato slices and chopped walnuts.
3. Drizzle with balsamic glaze, the sprinkle with salt and pepper before serving.

**Total Time: 10 Mins | Serves: 1 | Serving Size: 2 Slices**





*A make-ahead meal  
packed with plant-based  
goodness and a nutty texture*

# MEDITERRANEAN LETTUCE WRAPS WITH PLANT-BASED WALNUT MEAT

## INGREDIENTS:

### Plant-Based Walnut Meat

- 2 cups California walnuts
- 1/2 cup yellow onion, chopped
- 1/2 cup cauliflower, chopped
- 1/2 cup carrots, shredded
- 1/2 cup olive oil
- 2 tablespoons white wine vinegar
- 1-1/2 tablespoons paprika
- 1-1/2 teaspoon dried thyme
- 1-1/2 teaspoon dried marjoram
- 3/4 teaspoon sea salt
- 1/2 teaspoon black pepper
- 4 cloves garlic, minced
- 1 cup cannellini beans, rinsed and drained

### Lettuce Wraps

- 1/4 cup plant-based walnut meat
- 2 tablespoons sharp cheddar cheese, shredded
- 2 large bib lettuce leaves
- 2 tablespoons hummus
- 2 tablespoons cooked couscous
- 2 tablespoons cherry tomatoes, diced
- 2 teaspoons green onions, sliced

## PREPARATION:

### Plant-Based Walnut Meat

1. Place all plant-based walnut meat ingredients in a food processor. Pulse to chop all ingredients.

### Lettuce Wraps

1. Transfer plant-based walnut meat to a nonstick skillet and cook over medium heat for 5-7 minutes, stirring frequently, until vegetables are cooked and mixture is lightly browned. Add cheese to the pan and stir until cheese is slightly melted and incorporated. Let cool.
2. Place lettuce leaves on your plate or serving platter and top with hummus, couscous, plant-based walnut meat, tomatoes and green onion. Serve immediately.

**Total Time: 15 Mins | Serves: 1**  
**Serving Size: 2 Lettuce Cups**



*A gym-bag-approved  
grab-and-go snack*

# WALNUT ENERGY BARS



## INGREDIENTS:

- 3 cups California walnuts, divided
- 1 cup dried cherries
- 1 cup dried Mediterranean apricots
- 1/2 cup honey
- 1/2 cup vanilla protein powder of your choice
- 1/2 cup rolled oats
- 2 teaspoons cherry extract



## PREPARATION:

1. Preheat oven to 250°F and line a baking sheet with parchment paper. Set aside 1 cup walnuts.
2. Place remaining ingredients in a food processor and process just until mixture is sticky and holds together.
3. Add remaining walnuts and pulse on and off to coarsely chop.
4. Press into a 7 X 10-inch rectangle and cut into 20 equal pieces.
5. Place on prepared baking sheet and bake for 30 minutes. Let cool, then transfer to an airtight container.

**Variation:** Add 1 cup unsweetened, flaked coconut. Reduce cherry extract to 1 tsp. and add 1 tsp. coconut extract.

**Total Time: 40 Mins | Serves: 20 | Serving Size: 1 Bar**

*A simple recipe  
to replenish  
and refresh*





# CARROT CAKE SMOOTHIE

## INGREDIENTS:

- 2 raw medium-sized carrots, peeled, trimmed, and roughly chopped
- 3/4 cup 1% milk
- 1/2 cup vanilla or plain low-fat Greek yogurt
- 1/4 cup California walnuts
- 1 small frozen banana
- 1 teaspoon quick cooking oats
- 1/2 teaspoon ground cinnamon

**Total Time: 15 Mins | Serves: 1 | Serving Size: 1 Smoothie**

## PREPARATION:

1. Combine all ingredients in a blender and blend until smooth. Pour into a large glass and enjoy immediately.



*A nourishing,  
savory bowl fit  
for any meal*



# CHICKEN AND WALNUT ZOODLE BOWL WITH CURRY VINAIGRETTE

## INGREDIENTS:

- 2 cups fresh zucchini spirals
- 1/2 cup shredded or diced cooked chicken breast
- 1/3 cup halved small cherry tomatoes
- 1/3 cup diced cucumber
- 1/4 cup coarsely chopped California walnuts, toasted
- 2 tablespoons minced red onion
- 2 tablespoons olive oil vinaigrette (store-bought or homemade)
- 1 teaspoon curry powder

## PREPARATION:

1. Place zucchini, chicken, tomatoes, cucumber, walnuts and onion in a medium bowl and toss lightly.
2. Drizzle with dressing and sprinkle with curry powder. Toss again until well-mixed.
3. Cover and store in the refrigerator until ready to serve.

**Total Time: 15 Mins | Serves: 2 | Serving Size: 1 Bowl (1/2 Recipe)**





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