

Walnuts Support Overall Wellness

LASTING ENERGY

Walnuts provide 190 calories per [one-ounce serving](#), which is equivalent to 1/4 cup, approximately 12-14 walnut halves or a handful.

GOOD FATS

Walnuts are a [good-fat food](#) with 13 grams of polyunsaturated and 2.5 grams of monounsaturated fat of the 18 grams of total fat in one ounce of walnuts. The Dietary Guidelines for Americans recommend replacing saturated fats with unsaturated fats (like those found in walnuts) to support cardiovascular health.¹

ESSENTIAL ALA OMEGA-3

Walnuts are the only nut with an excellent source of the [omega-3 alpha-linolenic acid](#), or ALA (2.5g/oz). The adequate intake for omega-3 ALA is 1.6 g/day for men and 1.1 g/day for women.²

PLANT PROTEIN

Walnuts have 4 grams of protein per one ounce serving, an essential nutrient that provides the body what it needs to grow, build muscle and bone, and stay healthy.

FIBER

Walnuts have 2 grams of fiber per one ounce serving, an important nutrient that supports heart health, gut health and weight management.



A serving is 12-14 walnut halves, or a 1/4 cup.

Nutrition Facts	
Serving Size	1 oz. (28g/about 1/4 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	
Includes 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.

VITAMIN B6

Walnuts are a good source of [vitamin B6](#) (10% Daily Value), which is involved in nutrient metabolism, cognitive development and immune system functioning.

MAGNESIUM

Walnuts are a good source of [magnesium](#) (11% Daily Value), which supports muscles and nerves in the body as well as bone health.

MELATONIN

Walnuts contain melatonin (3.5 +/- 1.0 ng/g), an important plant compound related to maintaining a healthy sleep cycle.³

COPPER

Walnuts are an excellent source of [copper](#) (50% Daily Value), an essential mineral that plays a role in brain development, immune system functioning and blood vessel development.

MANGANESE

Walnuts are an excellent source of [manganese](#) (45% Daily Value), an essential mineral that supports the metabolism of nutrients, bone formation and normal functioning of the immune system.



¹ 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](#).

² Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids (Macronutrients) (2005) NAS. IOM. Food and Nutrition Board.

³ Reiter RJ, Manchester LC, Tan DX. Melatonin in walnuts: influence on levels of melatonin and total antioxidant capacity of blood. Nutrition. 2005;21(9):920-924. doi:10.1016/j.nut.2005.02.005



Why Walnuts?

GROUNDING IN RESEARCH:

Evidence-Based: For over 30 years, the California Walnut Commission has supported [health-related research](#) examining the effect of walnut consumption on areas including heart health, cognition, cancer, diabetes, metabolic syndrome, gut health, body weight/composition, reproductive health and more.

Heart Health: Research has investigated how eating walnuts affects various factors related to heart health such as cholesterol, blood pressure, inflammation and blood vessel function. Walnuts are certified heart-healthy by the American Heart Association with the Heart-Check mark.⁴

SUSTAINABLE:

More than 99% of the walnuts in the U.S. are grown in the fertile soils of California's Central Valley. California walnut growers and processors have spent more than a century caring for the land, sharing a commitment to public health and supporting the communities they serve.

VERSATILE:

Walnuts add just the right crunch - not too hard and not too soft - and a nutritious deliciousness to all kinds of snacks, both savory and sweet. It's as easy as sprinkling them on your morning yogurt, salad at lunch, or vegetables at dinner. They can also play the starring role in your meal, as a delicious filling in tacos or in a plant-based Bolognese sauce. And don't forget snacking! Try them in trail mix, a smoothie, or just simply straight out of the bag.



Walnuts play a key role in many dietary patterns, including:

PLANT-FORWARD EATING:

The [plant-forward approach](#) celebrates fruits, vegetables and whole grains with protein-rich beans, peas, nuts and seeds. Plant-forward eating is about improving all diets not by denying yourself what you love, but by helping you find ways to eat more plants. And by adding California walnuts to the mix (walnuts are a plant!), you have the freedom to explore unique plant-forward options. Here are [simple recipe ideas](#) to get you started.

MEDITERRANEAN DIET:

The [Mediterranean diet](#) is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease. This healthy eating pattern puts fish, fruits, vegetables, whole grains, olive oil, nuts and seeds at the center of the plate. Walnuts are a traditional component of the Mediterranean diet and a key ingredient in the landmark PREDIMED study⁵, which shows, that when eaten as part of a Mediterranean dietary pattern walnuts may lower risk of both heart disease and stroke.

STORE FOR LONGER FRESHNESS

For optimum freshness, be sure to store walnuts in an airtight container or bag in your refrigerator or freezer.

TOAST FOR ADDED FLAVOR

Bake walnuts in a single layer on an ungreased sheet pan at 350°F for 8-10 minutes or heat in a dry, heavy skillet over medium high heat for 1-2 minutes. They are done when they are golden brown and smell toasted.

For additional resources like recipes, health research, videos and blog posts please visit walnuts.org.

⁴ California walnuts are certified by the American Heart Association. Heart-Check certification does not apply to recipes, research or information unless expressly stated. 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.

⁵ Estruch R, Ros E, Salas-Salvadó J, et al. Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. N Engl J Med. 2018;378(25):e34. doi: 10.1056/NEJMoa1800389.



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