

DO MORE WITH WALNUTS

DID YOU KNOW?

- Walnuts are the only nut that provides an excellent source of the essential plant-based **omega-3 alpha-linolenic acid (ALA)**—2.5 grams per ounce.¹
- Enjoying a wide range of nutritious foods is the best way to get all the nutrients that are important for your immune system and overall health. Walnuts are a good source of **vitamin B6** (0.2 mg/oz) and an excellent source of **copper** (0.45 mg/oz) and **manganese** (0.1 mg/oz), all of which contribute to the normal functioning of the immune system.²⁻⁴
- Walnuts are certified heart-healthy by the **American Heart Association** with the Heart-Check mark.⁵
- More than 99% of the walnuts in the U.S. are grown in the soils of **California's Central Valley**.



COOKING WITH WALNUTS THROUGHOUT THE DAY

Get creative in the kitchen with these unique recipes* that will be sure to satisfy all day long:

BREAKFAST: [Veggie Quiche with Walnut Crust](#)

LUNCH: [California Walnut "Chorizo" Burrito](#)

SNACK: [Walnut Chocolate Bliss Balls](#)

DINNER: [California Walnut Meatless Meatballs](#)

DESSERT: [Walnut, Chocolate, and Avocado Mousse](#)

A DAILY SERVING OF WALNUTS



1
Ounce



1/4
Cup



1
Handful



12-14
Halves

GET THE MOST OUT OF YOUR WALNUTS

Proper storage is important to protect the essential omega-3 ALA that is unique in walnuts.

Where to Store Walnuts: The best place to store walnuts (shelled or in-shell) is in the refrigerator if you're planning to use them right away. If you are storing them for a month or longer, put them in the freezer.

How to Store Walnuts: If you buy walnuts in sealed packaging, you can store the walnuts in their original packaging in the refrigerator or freezer. Once you open the bag, transfer the walnuts to an airtight container to maintain freshness and place them back in the refrigerator or freezer. If you buy bulk walnuts, either in-shell or shelled, place the walnuts in an airtight container for long-term cold storage.



Prep as Needed: Only shell, chop or grind walnuts as needed right before using them. This will help maintain great flavor and optimal freshness.



CELEBRATE WITH WALNUTS

California walnuts are not only delicious and nutritious, but they are a versatile nut that fits into all seasons, special occasions, holidays, and everyday moments.

February: American Heart Month

March: National Nutrition Month

May 17: National Walnut Day

June 5: National Veggie Burger Day

July 17: National Ice Cream Day

August 3: Grab Some Nuts Day

September: National Fruits & Veggies Month

National Family Meals Month

1. 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.

2. National Institutes of Health, Office of Dietary Supplements. (2020, Feb 24). Vitamin B6 Fact Sheet for Health Professionals. Retrieved from <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>.

3. National Institutes of Health, Office of Dietary Supplements. (2020, Feb 27). Copper Fact Sheet for Health Professionals. Retrieved from <https://ods.od.nih.gov/factsheets/Copper-HealthProfessional/>.

4. National Institutes of Health, Office of Dietary Supplements. (2020, Feb 14). Manganese Fact Sheet for Health Professionals. Retrieved from <https://ods.od.nih.gov/factsheets/Manganese-HealthProfessional/>.

5. 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.

*Heart-Check certification does not apply to recipes unless expressly stated.

