



# California Walnuts: Feel Good Nutrition in Every Ounce

Nutrient	Units	Amount
CALORIES	KCAL	190
TOTAL FAT	G (%DV)	18 (23)
◦ SATURATED FAT	G (%DV)	1.5 (8)
◦ POLYUNSATURATED FAT	G	13
· LINOLEIC ACID (18:2)	G	11
· LINOLENIC ACID (18:3)	G	2.5
◦ MONOUNSATURATED FAT	G	2.5
CHOLESTEROL	MG (%DV)	0 (0)
SODIUM	MG (%DV)	0 (0)
TOTAL CARBOHYDRATE	G (%DV)	4 (1)
◦ DIETARY FIBER	G (%DV)	2 (7)
◦ TOTAL SUGARS	G	1
· ADDED SUGARS	G (%DV)	0 (0)
PROTEIN	G	4
VITAMIN D	MCG (%DV)	0 (0)
CALCIUM	MG (%DV)	30 (2)
IRON	MG (%DV)	0.8 (4)
POTASSIUM	MG (%DV)	130 (2)
VITAMIN A	MCG RAE (%DV)	0 (0)
VITAMIN C	MG (%DV)	0 (0)
VITAMIN E	MG (%DV)	0 (0)
VITAMIN K	MCG (%DV)	0 (0)
THIAMIN	MG (%DV)	0.1 (8)

Nutrient	Units	Amount
RIBOFLAVIN	MG (%DV)	0.04 (4)
NIACIN	MG (%DV)	0.3 (2)
VITAMIN B6	MG (%DV)	0.2 (10)
FOLATE	MCG DFE (%DV)	30 (8)
VITAMIN B12	MCG (%DV)	0 (0)
PANTOTHENIC ACID	MG (%DV)	0.2 (4)
PHOSPHORUS	MG (%DV)	100 (8)
MAGNESIUM	MG (%DV)	45 (10)
ZINC	MG (%DV)	0.9 (8)
SELENIUM	MCG (%DV)	1 (2)
COPPER	MG (%DV)	0.45 (50)
MANGANESE	MG (%DV)	0.1 (45)
CHOLINE	MG (%DV)	10 (2)
TRYPTOPHAN	MG/OZ	48
BETAINE	MG	0.1 <sup>†</sup>
TOCOPHEROL, ALPHA	MG	0 <sup>†</sup>
TOCOPHEROL, BETA	MG	0.04 <sup>†</sup>
TOCOPHEROL, GAMMA	MG	5.91 <sup>†</sup>
TOCOPHEROL, DELTA	MCG	0.54 <sup>†</sup>
CAROTENE, BETA	MCG	3 <sup>†</sup>
CAROTENE, ALPHA	MCG	0 <sup>†</sup>
CRYPTOXANTHIN, BETA	MCG	0 <sup>†</sup>
LUTEIN + ZEAXANTHIN	MCG	3 <sup>†</sup>



feel  
good.

Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](http://fdc.nal.usda.gov).

G = Gram; MG = Milligram; MCG = Microgram; % DV = % Daily Value; RAE = Retinol Activity Equivalent; DFE = Dietary Folate Equivalent; <sup>†</sup> = Daily Value (DV) not established

# Why Walnuts?

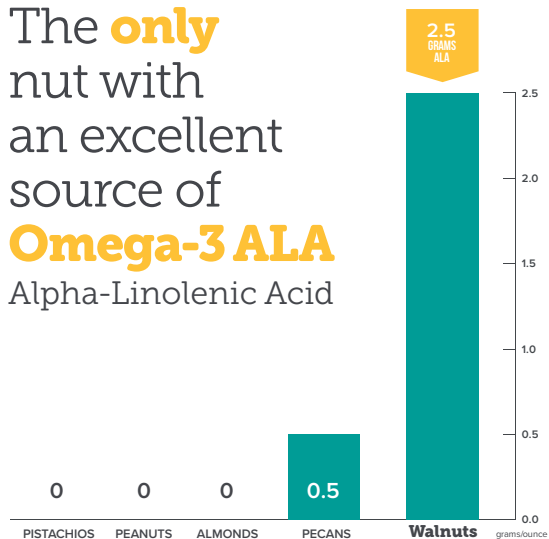


Per 1 oz. serving

## WALNUTS ARE HEART-CHECK CERTIFIED BY THE AMERICAN HEART ASSOCIATION\*

\*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. (FDA) 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.

The **only** nut with an excellent source of **Omega-3 ALA**  
Alpha-Linolenic Acid



U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. fdc.nal.usda.gov.

## A daily serving of walnuts



**1**  
OUNCE



**1/4**  
CUP



**1**  
HANDFUL



**12-14**  
HALVES



## Cold Storage is Key for Freshness

Walnuts lose their freshness when exposed to warm temperatures for long periods of time. Once opened, transfer the walnuts to an airtight container. If you are going to use the walnuts right away, keep them in your refrigerator away from foods with strong odors. If you will be storing them for a month or longer, store them in your freezer and remove as needed.

Increase fiber intake by adding walnuts to salads.



Three Bean Salad with Walnut Chimichurri

Elevate the protein (and nutrients) in a simple noodle bowl by adding walnuts.



Asian Walnut, Chicken and Vegetable Noodle Jar

Reduce the saturated fat in traditional meatballs by adding walnuts.



California Walnut Meatless Meatballs



**feel good.**

Visit [walnuts.org](http://walnuts.org) for free downloadable patient education materials, continuing education opportunities and recipes!