


















# WALNUTS: SUPPORTING HEALTH AT EVERY AGE

## EMERGING AREAS OF RESEARCH

For over 30 years, the California Walnut Commission has supported health-related research examining the effect of including walnuts on the plate in heart health, cognition, cancer, diabetes, metabolic syndrome, gut health, body weight/composition, reproductive health, and more. With over 200 peer-reviewed studies that have examined the diets of nearly a million people, the role of walnuts in supporting health and well-being continues to be better understood. Ongoing research among life stages ranging from pregnancy, teen years, and into older adulthood shows that the unique nutrition benefits of walnuts offer something for everyone.

● Pre-natal 
 ● Adolescent 
 ● Teen 
 ● Young adult 
 ● Adult 
 ● Healthy Aging

AREA OF RESEARCH	WHAT THE RESEARCH EXPLORED	WHO'S BEEN STUDIED AND # OF SUPPORTING PAPERS	LEARN MORE
 <b>Heart Health</b>	Three decades of research has examined how walnuts may support cardiovascular health. Due to the evidence supporting the cardiovascular benefits of walnuts, the U.S. Food and Drug Administration approved one of the first qualified health claims for a whole food in March of 2004. <sup>1,2</sup>	 <b>65</b> Peer-reviewed papers	
 <b>Weight Management</b>	A growing body of research explored how walnuts may help reduce the risk of chronic disease and be beneficial for overall health and weight management by supporting satiety and satisfaction.	 <b>41</b> Peer-reviewed papers	
 <b>Brain Health &amp; Cognition</b>	Scientific research investigated how including walnuts, as part of a healthy diet, may play a role in helping to maintain and improve brain health and overall well-being as people age.	 <b>38</b> Peer-reviewed papers	
 <b>Gut Health</b>	Emerging research studied how walnuts may support gut health due to their prebiotic potential and possible role in positively influencing the gut microbiome.	 <b>13</b> Peer-reviewed papers	
 <b>Mental Well-being</b>	New and ongoing research delves into how certain nutrients included in walnuts could play a supporting role in mental well-being, including depression, mood, and sleep.	 <b>4</b> Peer-reviewed papers	

# NUTS MATTER, BUT ARE OFTEN OVERLOOKED

Within a 2,000-calorie diet, the latest Dietary Guidelines recommend one ounce of nuts or seeds or two tablespoons of nut or seed butter as part of the three to four daily servings of protein foods. Yet, 6 out of 10 U.S. consumers do not eat the recommended amounts of nuts and seeds.<sup>3</sup>



## Walnuts Are a Powerhouse of Nutrients in a Handful



**Walnuts provide lasting energy with 190 cal/oz<sup>4</sup>**

**Pair** seasoned walnuts with your favorite fruit for a more filling snack: **Sriracha Honey Lime Walnuts**



**Walnuts are a good fat food**

The latest Dietary Guidelines recognize nuts as a source of plant-based protein and emphasize consumption of healthy fats found in whole foods including walnuts as a “rich source” of [omega-3] ALA.<sup>2</sup>

**Reduce** the saturated fat in traditional meatballs by cooking: **California Walnut Meatless Meatballs**



**Walnuts offer 2 g/oz of fiber**, an important nutrient that supports heart health, gut health and weight management, yet remains under-consumed by the U.S. population.<sup>5</sup>

**Increase** fiber intake by adding walnuts to salads: **Three Bean Salad with Walnut Chimichurri**



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

**Sprinkle** walnuts into grain bowls and more: **Salmon, Walnuts and Avocado Grain Bowl**



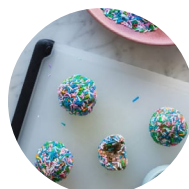
**Walnuts provide 4 g of plant-based protein** per ounce. Protein is an essential nutrient for growth and building muscle and bone. Also - walnuts are a good source of magnesium (11% Daily Value), which supports muscles and nerves in the body as well as bone health.<sup>4</sup>

**Elevate** the protein (and nutrients) in a simple noodle bowl by adding walnuts: **Asian Walnut, Chicken and Vegetable Noodle Jar**



**Walnuts contain melatonin** (3.5 +/- 1.0 ng/g), an important hormone related to maintaining a healthy sleep cycle.<sup>6</sup>

**Add** walnuts to a dessert for a filling treat: **Walnut Birthday Cake Bites**



<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.

<sup>2</sup> A one-ounce serving provides 18g of total fat, “good fats” including 2.5g of monounsaturated fat and 13g of polyunsaturated fat (of which 2.5 grams is plant-based omega-3 ALA), as well as 1.5g of saturated fat.

<sup>3</sup> U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2025-2030. January 2026. Available at [realfood.gov](https://realfood.gov).

<sup>4</sup> U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [Fdc.nal.usda.gov](https://fdc.nal.usda.gov).

<sup>5</sup> Quagliani D, Felt-Gunderson P. Closing America’s Fiber Intake Gap: Communication Strategies From a Food and Fiber Summit. *Am J Lifestyle Med.* 2016 Jul 7;11(1):80-85. doi: 10.1177/1559827615588079. PMID: 30202317; PMCID: PMC6124841.

<sup>6</sup> 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.