

Nutrition by Nut Type

| | ALMONDS | BRAZIL NUTS | CASHEWS | HAZELNUTS | MACADAMIA NUTS | PEANUTS | PECANS | PEPITAS | PISTACHIOS | SUNFLOWER SEEDS | WALNUTS |
|-------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Serving Size | 1 oz (28 grams) | 1 oz (28 grams) | 1 oz (28 grams) | 1 oz (28 grams) | 1 oz (28 grams) | 1 oz (28 grams) | 1 oz (28 grams) | 1 oz (28 grams) | 1 oz (28 grams) | 1 oz (28 grams) | 1 oz (28 grams) |
| Calories (kcal) | 160 | 190 | 160 | 180 | 200 | 160 | 200 | 160 | 160 | 160 | 190 |
| Total Fat (g) | 14 | 19 | 12 | 17 | 22 | 14 | 20 | 14 | 13 | 14 | 19 |
| Saturated Fat (g) | 1 | 4.5 | 2 | 1.5 | 3.5 | 2 | 2 | 2.5 | 1.5 | 1 | 1.5 |
| Trans Fat (g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Polyunsaturated Fat (g) | 3.5 | 7 | 2 | 2 | 0 | 4.5 | 6 | 6 | 4 | 6 | 13 |
| Monounsaturated Fat (g) | 9 | 7 | 7 | 13 | 17 | 7 | 12 | 4.5 | 7 | 5 | 2.5 |
| Cholesterol (mg) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sodium (mg) | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 |
| Total Carbohydrates (g) | 6 | 3 | 9 | 5 | 4 | 5 | 4 | 3 | 8 | 6 | 4 |
| Dietary Fiber (g) | 4 | 2 | 1 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 |
| Sugars (g) | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 0 | 2 | 1 | 1 |
| Added Sugars (g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Protein (g) | 6 | 4 | 5 | 4 | 2 | 7 | 3 | 8 | 6 | 6 | 4 |
| Vitamin D (mcg) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Calcium (mg) | 80 | 45 | 10 | 30 | 25 | 25 | 20 | 10 | 30 | 20 | 30 |
| Iron (mg) | 1.1 | 0.7 | 1.9 | 1.3 | 1.1 | 1.3 | 0.7 | 2.5 | 1.1 | 1.5 | 0.8 |
| Potassium (mg) | 210 | 190 | 190 | 190 | 100 | 200 | 120 | 230 | 290 | 180 | 130 |
| % Daily Value | | | | | | | | | | | |
| Calcium | 6 | 4 | 0 | 2 | 0 | 2 | 0 | 0 | 2 | 0 | 2 |
| Vitamin D | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Iron | 6 | 4 | 10 | 8 | 6 | 8 | 4 | 15 | 6 | 8 | 4 |
| Potassium | 4 | 4 | 4 | 4 | 2 | 4 | 2 | 4 | 6 | 4 | 2 |
| Magnesium | 20 | 25 | 20 | 10 | 8 | 10 | 8 | 40 | 8 | 20 | 10 |
| Phosphorus | 10 | 15 | 15 | 6 | 4 | 8 | 6 | 30 | 10 | 15 | 8 |
| Zinc | 8 | 10 | 15 | 6 | 4 | 8 | 10 | 20 | 6 | 15 | 8 |
| Copper | 30 | 50 | 70 | 50 | 25 | 35 | 40 | 40 | 40 | 60 | 50 |
| Manganese | 25 | 15 | 20 | 80 | 50 | 25 | 60 | 60 | 15 | 25 | 40 |
| Selenium | 2 | 990 | 10 | 2 | 0 | 4 | 0 | 4 | 4 | 25 | 2 |
| Thiamin | 4 | 15 | 10 | 15 | 30 | 15 | 15 | 6 | 20 | 35 | 8 |
| Riboflavin | 25 | 0 | 0 | 2 | 4 | 2 | 2 | 4 | 4 | 8 | 4 |
| Niacin | 6 | 0 | 0 | 4 | 4 | 20 | 2 | 8 | 2 | 15 | 0 |
| Pantothenic Acid | 2 | 2 | 4 | 6 | 4 | 10 | 4 | 4 | 2 | 6 | 4 |
| Vitamin B6 | 2 | 0 | 6 | 10 | 4 | 6 | 4 | 2 | 30 | 20 | 8 |
| Folate | 4 | 0 | 0 | 8 | 0 | 15 | 0 | 4 | 4 | 15 | 6 |
| Vitamin E | 50 | 10 | 0 | 30 | 0 | 15 | 2 | 4 | 6 | 70 | 0 |

% Daily Values:

10-19: Good Source

20+: Excellent Source

Recommended Daily Values Based on a 2000/day calorie diet

Total Fat: 78g

Total Carbohydrate: 275g

Fiber: 28g

Sodium: 2300mg

Saturated Fat: 20g

Added Sugar: 50g

Protein: 50g

