

# NUTRIENT COMPARISON CHART FOR TREE NUTS

You may know how to measure the perfect one-ounce portion of almonds, but did you know those 23 almonds come packed with nutrients? Or how almonds measure up against other tree nuts? The following chart compares nutrients for which there is a Daily Value (DV) or Daily Recommended Value (DRV). When compared ounce for ounce, almonds are the nut highest in protein, fiber, calcium, vitamin E, riboflavin, and niacin. In fact, among nuts, they are the best source of six of the 13 nutrients for which there are DVs / DRVs, and among the lowest in calories. Talk about good things coming in a small package!

<i>Based on a one-ounce portion.</i>	ALMOND	BRAZIL	CASHEW	HAZELNUT	MACADAMIA	PECAN	PISTACHIO	WALNUT
<b>CALORIES</b>	163	186	157	178	<b>204</b>	196	158	185
<b>PROTEIN (G)</b>	<b>6.0</b>	4.1	5.2	4.2	2.2	2.6	5.8	4.3
<b>TOTAL FAT (G)</b>	14.0	18.8	12.4	17.2	<b>21.5</b>	20.4	12.6	18.5
<b>SATURATED FAT (G)</b>	1.1	<b>4.3</b>	2.2	1.3	3.4	1.8	1.5	1.7
<b>POLYUNSATURATED FAT (G)</b>	3.4	5.8	2.2	2.2	0.4	6.1	3.8	<b>13.4</b>
<b>MONOUNSATURATED FAT (G)</b>	8.8	7.0	6.7	12.9	<b>16.7</b>	11.6	6.6	2.5
<b>CARBOHYDRATES (G)</b>	6.1	3.5	<b>8.6</b>	4.7	3.9	3.9	7.9	3.9
<b>DIETARY FIBER (G)</b>	<b>3.5</b>	2.1	0.9	2.7	2.4	2.7	2.9	1.9
<b>POTASSIUM (MG)</b>	200	187	187	193	104	116	<b>291</b>	125
<b>MAGNESIUM (MG)</b>	76	<b>107</b>	83	46	37	34	34	45
<b>ZINC (MG)</b>	0.9	1.2	<b>1.6</b>	0.7	0.4	1.3	0.6	0.9
<b>COPPER (MG)</b>	0.3	0.5	<b>0.6</b>	0.5	0.2	0.3	0.4	0.5
<b>VITAMIN B6 (MG)</b>	0	0	0.1	0.2	0.1	0.1	<b>0.5</b>	0.2
<b>FOLATE (MCG)</b>	14	6	7	<b>32</b>	3	6	14	28
<b>RIBOFLAVIN (MG)</b>	<b>0.3</b>	0	0	0	0.1	0	0.1	0
<b>NIACIN (MG)</b>	<b>1.0</b>	0.1	0.3	0.5	0.7	0.3	0.4	0.3
<b>ALPHA-TOCOPHEROL (MG)</b>	<b>7.4</b>	1.6	0.3	4.3	0.2	0.4	0.7	0.2
<b>CALCIUM (MG)</b>	<b>75</b>	45	10	32	24	20	30	28
<b>IRON (MG)</b>	1.1	0.7	<b>1.9</b>	1.3	1.1	0.7	1.2	0.8

Source: USDA Nutrient Laboratory Database, Release 20. The orange number indicates the highest value.