



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? When compared ounce for ounce, almonds are the tree nut highest in protein, fiber, calcium, vitamin E (alpha-tocopherol), riboflavin and niacin. Talk about good things coming in small packages!

| Based on a one-ounce portion | ALMOND | BRAZIL | CASHEW | HAZELNUT | MACADAMIA | PECAN | PISTACHIO | WALNUT |
|------------------------------|------------|------------|------------|-----------|-------------|-------|------------|-------------|
| Calories | 163 | 186 | 157 | 178 | 204 | 196 | 159 | 185 |
| Protein (g) | 6.0 | 4.1 | 5.2 | 4.2 | 2.2 | 2.6 | 5.8 | 4.3 |
| Total Fat (g) | 14.0 | 18.8 | 12.4 | 17.2 | 21.5 | 20.4 | 12.9 | 18.5 |
| Saturated Fat (g) | 1.1 | 4.3 | 2.2 | 1.3 | 3.4 | 1.8 | 1.6 | 1.7 |
| Polyunsaturated Fat (g) | 3.4 | 5.8 | 2.2 | 2.2 | 0.4 | 6.1 | 3.9 | 13.4 |
| Monounsaturated Fat (g) | 8.8 | 7.0 | 6.7 | 12.9 | 16.7 | 11.6 | 6.8 | 2.5 |
| Dietary Fibre (g) | 3.5 | 2.1 | 0.9 | 2.7 | 2.4 | 2.7 | 2.9 | 1.9 |
| Potassium (mg) | 200 | 187 | 187 | 193 | 104 | 116 | 291 | 125 |
| Magnesium (mg) | 76 | 107 | 83 | 46 | 37 | 34 | 34 | 45 |
| Zinc (mg) | 0.9 | 1.2 | 1.6 | 0.7 | 0.4 | 1.3 | 0.6 | 0.9 |
| Copper (mg) | 0.3 | 0.5 | 0.6 | 0.5 | 0.2 | 0.3 | 0.4 | 0.5 |
| Vitamin B6 (mg) | 0 | 0 | 0.1 | 0.2 | 0.1 | 0.1 | 0.5 | 0.2 |
| Folate (mcg) | 14 | 6 | 7 | 32 | 3 | 6 | 14 | 28 |
| Riboflavin (mg) | 0.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Niacin (mg) | 1.0 | 0.1 | 0.3 | 0.5 | 0.7 | 0.3 | 0.4 | 0.3 |
| Alpha-tocopherol (mg) | 7.4 | 1.6 | 0.3 | 4.3 | 0.2 | 0.4 | 0.7 | 0.2 |
| Calcium (mg) | 75 | 45 | 10 | 32 | 24 | 20 | 30 | 28 |
| Iron (mg) | 1.1 | 0.7 | 1.9 | 1.3 | 1.1 | 0.7 | 1.1 | 0.8 |

U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>

The red number indicates the highest value.



IT'S AS EASY AS 1, 2, 3

Snacking on one handful or about 23 almonds is a tasty way for you and your patients to keep hunger pangs down and energy levels up. Almonds offer natural goodness in every bite. They are a natural source of protein and are high in fibre and monounsaturated fat, the fat emphasised in the Mediterranean diet. In addition, almonds are high in 9 essential nutrients, including vitamin E and calcium.



SMALL BABY FOOD JAR



SHOT GLASS



3" x 3" STICKY NOTE



HANDFUL



SMALL TIN



SMALL SPICE BOTTLE