



NUTRIENT COMPARISON CHART FOR TREE NUTS

Packed with fibre and healthy unsaturated fats, almonds are a nutritious source of plant protein that can be incorporated into any sensible eating plan. A single 30-gram portion (a handful or about 23 almonds) provides more than half of the recommended daily intake for the antioxidant vitamin E. Talk about good things coming in small packages!

Based on a 30-gram portion	ALMOND	BRAZIL	CASHEW	HAZELNUT	MACADAMIA	PECAN	PINE NUT	PISTACHIO	WALNUT
Calories	174	198	172	188	215	207	202	172	196
Protein (g)	6.3	4.3	4.6	4.5	2.3	2.8	4.1	6.3	4.6
Total Fat (g)	15	20.1	13.9	18.2	22.8	21.6	20.5	13.7	19.6
Saturated Fat (g)	1.1	4.8	2.7	1.3	3.6	1.9	1.5	1.7	1.8
Polyunsaturated Fat (g)	3.7	7.2	2.4	2.4	0.5	6.5	10.2	4	14.2
Monounsaturated Fat (g)	9.5	7.3	8.2	13.7	17.8	12.2	5.6	7.4	2.7
Carbohydrates (g)	6.5	3.5	9.8	5	4	4.2	3.9	8.5	4.1
Dietary Fibre (g)	3.8	2.3	0.9	2.9	2.4	2.9	1.1	3.1	2
Potassium (mg)	220	198	170	204	109	123	179	302	132
Magnesium (mg)	81	113	78	49	35	36	75	32	47
Zinc (mg)	0.9	1.2	1.7	0.7	0.4	1.4	2	0.7	0.9
Copper (mg)	0.3	0.5	0.7	0.5	0.2	0.4	0.4	0.4	0.5
Vitamin B6 (mg)	0	0	0.1	0.2	0.1	0.1	0	0.3	0.2
Folate (mcg)	13	7	21	34	3	7	10	15	29
Riboflavin (mg)	0.3	0	0.1	0	0	0	0.7	0.1	0.1
Niacin (mg)	1.1	0.1	0.4	0.5	0.7	0.4	1.3	0.4	0.3
Vitamin E (mg)	7.7	1.7	0.3	4.5	0.2	0.4	2.8	0.7	0.2
Calcium (mg)	81	48	14	34	21	21	5	32	29
Iron (mg)	1.1	0.7	1.8	1.4	0.8	0.8	1.7	1.2	0.9

Source: U.S. Department of Agriculture, Agricultural Research Service. USDA National Nutrient Database for Standard Reference, Legacy. Available at: <https://fdc.nal.usda.gov>.

All of the nuts are unsalted and include unroasted and dry roasted varieties. **Unroasted:** almonds, Brazil nuts, hazelnuts, pecans, pine nuts and walnuts. **Dry-roasted:** cashews, macadamia nuts and pistachios.

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