

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? When compared ounce for ounce, almonds are the tree nut highest in fiber, calcium, vitamin E, riboflavin and niacin, and they are among the lowest in calories. Almonds provide a powerful nutrient package along with tasty crunch to keep you going strong, making them a satisfying snack you can feel good about. The following chart shows how almonds measure up against other tree nuts.

Based on a one-ounce portion ¹	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA NUT	PECAN	PISTACHIO	WALNUT
Calories	160 ²	190	160	180	200	200	160	190
Protein (g)	6	4	4	4	2	3	6	4
Total Fat (g)	14	19	13	17	22	20	13	19
Saturated Fat (g)	1	4.5	3	1.5	3.5	2	1.5	1.5
Polyunsaturated Fat (g)	3.5	6	2	2	0.5	6	4	13
Monounsaturated Fat (g)	9	7	8	13	17	12	7	2.5
Carbohydrates (g)	6	4	9	5	4	4	8	4
Dietary Fiber (g)	4	2	1.5	2.5	2.5	2.5	3	2
Potassium (mg)	208	187	160	193	103	116	285	125
Magnesium (mg)	77	107	74	46	33	34	31	45
Zinc (mg)	0.9	1.2	1.6	0.7	0.4	1.3	0.7	0.9
Vitamin B6 (mg)	0	0	0.1	0.2	0.1	0.1	0.3	0.2
Folate (mcg)	12	6	20	32	3	6	14	28
Riboflavin (mg)	0.3	0	0	0	0	0	0	0
Niacin (mg)	1.0	0.1	0.4	0.5	0.7	0.3	0.4	0.3
Vitamin E (mg)	7.3	1.6	0.3	4.3	0.2	0.4	0.7	0.2
Calcium (mg)	76	45	13	32	20	20	30	28
Iron (mg)	1.1	0.7	1.7	1.3	0.8	0.7	1.1	0.8

Source: U.S. Department of Agriculture, Agricultural Research Service, USDA National Nutrient Database for Standard Reference, Release 26, 2014: <http://www.ars.usda.gov/ba/bhnrc/ndl>.

Values were rounded in accordance with FDA rounding rules: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064932.htm>. The orange number indicates the highest value.

1. All of the nuts are unsalted; almonds, Brazil nuts, hazelnuts, pecans and walnuts are unroasted; cashews, macadamia nuts and pistachios are dry roasted.

2. A 2012 study published in the *American Journal of Clinical Nutrition* shows that when measuring digestibility, whole almonds may provide about 20% fewer calories than originally thought. The findings show a one-ounce serving of almonds (about 23) has 129 calories versus the 160 calories currently listed on the Nutrition Facts Panel. Further research is needed to better understand the results of the study and how this technique for calculating calories could potentially affect the calorie count of other foods.

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