

# 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 highest in protein and among the lowest in calories. Almonds provide a powerful nutrient package along with tasty crunch to keep you going strong, making them a healthy snack you can feel good about. The following chart shows how almonds measure up against other tree nuts.

Based on a one-ounce portion <sup>1</sup>	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA NUT	PECAN	PISTACHIO	WALNUT
Calories	160 <sup>2</sup>	190	160	180	<b>200</b>	200	160	190
Protein (g)	<b>6</b>	4	4	4	2	3	6	4
Total Fat (g)	14	19	13	17	22	20	13	18
Saturated Fat (g)	1	4.5	3	1.5	3.5	2	1.5	1.5
Polyunsaturated Fat (g)	3.5	7	2	2	0.5	6	4	13
Monounsaturated Fat (g)	9	7	8	13	17	12	7	2.5
Carbohydrates (g)	6	3	9	5	4	4	8	4
Dietary Fiber (g)	<b>4</b>	2	1	3	2	3	3	2
Potassium (mg)	208	187	160	193	103	116	<b>285</b>	125
Magnesium (mg)	77	<b>107</b>	74	46	33	34	31	45
Zinc (mg)	0.9	1.2	<b>1.6</b>	0.7	0.4	1.3	0.7	0.9
Vitamin B6 (mg)	0	0	0.1	0.2	0.1	0.1	<b>0.3</b>	0.2
Folate (mcg)	12	6	20	<b>32</b>	3	6	14	28
Riboflavin (mg)	<b>0.3</b>	0	0.1	0	0	0	0.1	0
Niacin (mg)	<b>1.0</b>	0.1	0.4	0.5	0.7	0.3	0.4	0.3
Vitamin E (mg)	<b>7.3</b>	1.6	0.3	4.3	0.2	0.4	0.6	0.2
Calcium (mg)	<b>76</b>	45	13	32	20	20	30	28
Iron (mg)	1.1	0.7	<b>1.7</b>	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 28, 2015: <http://www.ars.usda.gov/ba/bhnc/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 2016 study published in *Food & Function* shows that when measuring digestibility, almonds may provide fewer calories than originally thought—and that the number of calories is largely dependent on form. Using a new method that takes bioavailability into account, the researchers were able to determine the number of calories actually digested and absorbed from almonds versus the caloric estimate based on macronutrient content alone. In whole unroasted almonds, 25% fewer calories are absorbed, while roasted almonds offer 17% to 19% fewer calories compared to the number of calories listed on nutrition labels. 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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