

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
CALORIES	163	186	157	178	204	196	158	185
PROTEIN (G)	6.0	4.1	5.2	4.2	2.2	2.6	5.8	4.3
DIETARY FIBER (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	0.1	0	0.1	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	1.2	0.8

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

Good news about good fat: U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat. Additionally, every ounce of almonds is an excellent source of vitamin E, magnesium, and manganese, and a good source of copper, phosphorus, and riboflavin.