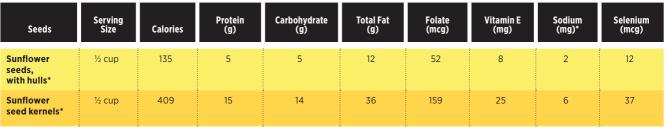
NUTRITION COMPARISON OF SUNFLOWER SEEDS AND KERNELS



* SODIUM CONTENT IS FOR UNSALTED, UNFLAVORED SEEDS. SOURCE: USDA FOODDATA CENTRAL AND NUTRITIONVALUE.ORG