

NUTRITION COMPARISON OF **SUNFLOWER SEEDS AND KERNELS**

Seeds	Serving Size	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Folate (mcg)	Vitamin E (mg)	Sodium (mg)*	Selenium (mcg)
Sunflower seeds, with hulls*	½ cup	135	5	5	12	52	8	2	12
Sunflower seed kernels*	½ cup	409	15	14	36	159	25	6	37

* SODIUM CONTENT IS FOR UNSALTED, UNFLAVORED SEEDS.

SOURCE: USDA FOODDATA CENTRAL AND NUTRITIONVALUE.ORG