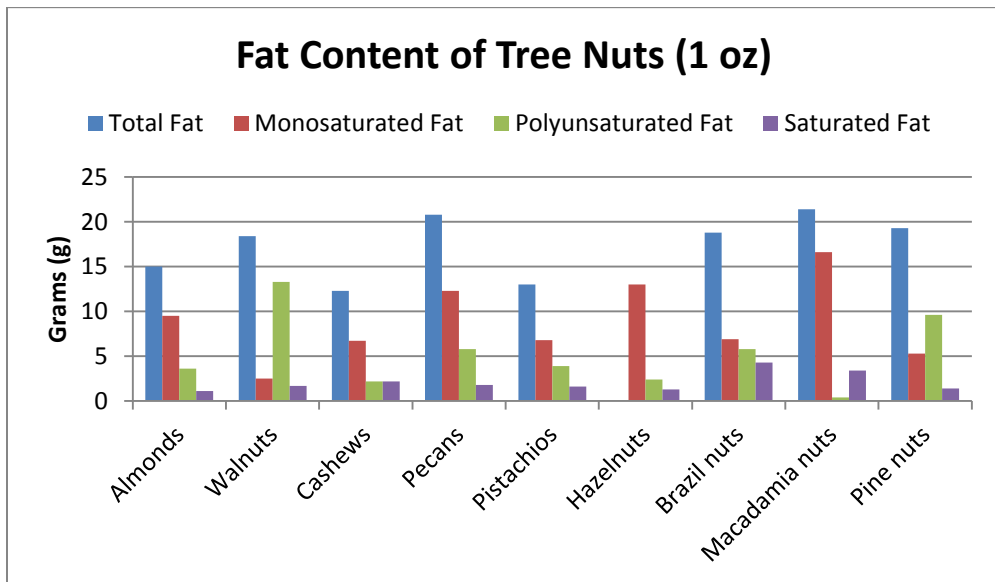
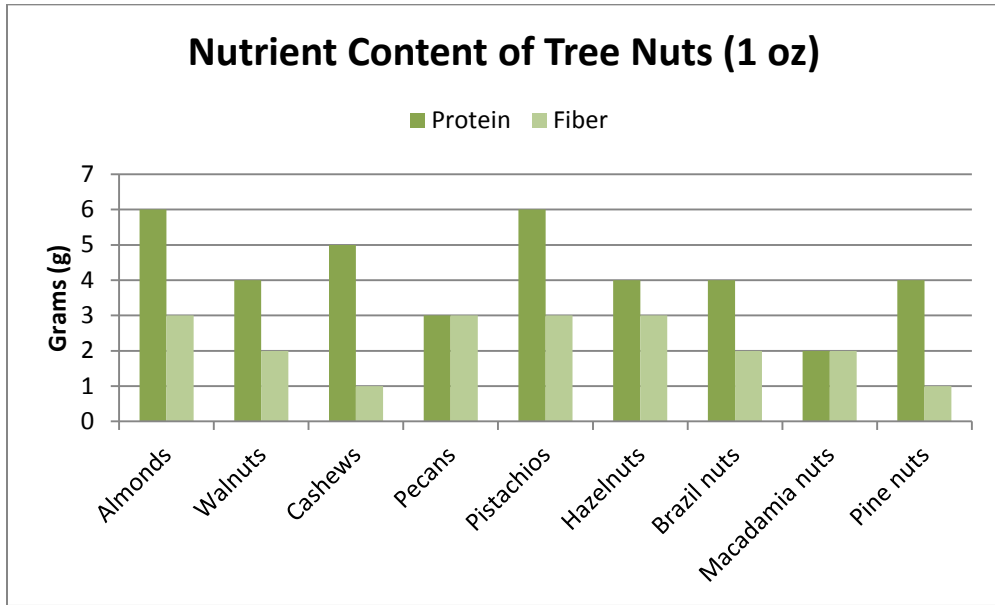


Nutritional Profiles of Tree Nuts



Calories in Tree Nuts (1 oz)

Nut Type	Calories
Almonds	169
Walnuts	185
Cashews	155
Pecans	199
Pistachios	161
Hazelnuts	181
Brazil nuts	185
Macadamia nuts	203
Pine nuts	190

Nutrient Content of Tree Nuts (1 oz)

Nut Type	Nutrients (% of daily value)		Other Nutrients
Almonds	8% calcium 20% magnesium 7% iron 37% vit E	14% riboflavin 17% copper 17% manganese 7% zinc	phytosterols phytosterols proanthocyanidin flavonols
Walnuts	11% magnesium 6% thiamin 11% magnesium 22% copper 48% manganese		polyphenols anthocyanins 3,565 mg ALA proanthocyanidins flavonoids
Cashews	12% vit K 8% thiamin 10% iron 11% zinc	31% copper 17% phosphorus 23% manganese	polyphenols proanthocyanidins flavonoids
Pecans	8% thiamin 9% magnesium 9% zinc	55% manganese 16% copper	phytosterols proanthocyanidins flavonoids
Pistachios	16% thiamin 18% vit B6 8% magnesium 7% iron 19% copper 18% manganese		phytosterols carotenoids resveratrol proanthocyanidins flavonols isoflavone lignans
Hazelnuts	21% vit E 9% vit B6 7% iron 12% magnesium	25% copper 78% manganese 21 % vit E 12% thiamin	phenolics flavonoids phytoestrogens proanthocyanidins
Brazil nuts	8% vit E 12% thiamin 27% magnesium 20% phosphorus	25% copper 17% manganese 774% selenium	flavonoids Phenolic acids phytosterols squalene
Macadamia nuts	23% thiamin 11% copper	58% manganese 9% magnesium	squalene tocotrienols flavonoids
Pine nuts	13% vit E 19% vit K 7% thiamin 9% iron	18% magnesium 12% zinc 19% copper 124% manganese	flavonoids Phenolic acids pinolenic acid