



## NUTRIENT COMPARISON CHART FOR TREE NUTS

Almonds pack the tasty, satisfying crunch and punch you need to keep you going strong whatever the day brings. When compared ounce for ounce, almonds are the tree nut highest in protein, fiber, calcium, vitamin E, riboflavin and niacin and are among the lowest in calories. Almonds are a satisfying snack you can feel good about. And best of all, you can take them anywhere and eat them anytime! The following chart compares how almonds measure up against other tree nuts.

Based on a one-ounce portion	ALMOND	BRAZIL	CASHEW	HAZELNUT	MACADAMIA	PECAN	PISTACHIO	WALNUT
Calories	163*	186	163	178	204	196	161	185
Protein (g)	<b>6.0</b>	4.1	4.3	4.2	2.2	2.6	5.9	4.3
Total Fat (g)	14.0	18.8	13.1	17.2	21.6	20.4	12.7	18.5
Saturated Fat (g)	1.1	4.3	2.6	1.3	3.4	1.8	1.5	1.7
Polyunsaturated Fat (g)	3.4	5.8	2.2	2.2	0.4	6.1	3.8	13.4
Monounsaturated Fat (g)	8.8	7.0	7.7	12.9	16.8	11.6	6.7	2.5
Dietary Fiber (g)	<b>3.5</b>	2.1	0.9	2.7	2.3	2.7	2.8	1.9
Potassium (mg)	200	187	160	193	103	116	<b>285</b>	125
Magnesium (mg)	76	<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
Copper (mg)	0.3	0.5	<b>0.6</b>	0.5	0.2	0.3	0.4	0.5
Vitamin B6 (mg)	0	0	0.1	0.2	0.1	0.1	<b>0.3</b>	0.2
Folate (mg)	14	6	20	<b>32</b>	3	6	14	28
Riboflavin (mg)	<b>0.3</b>	0	0	0	0	0	0	0
Niacin (mg)	<b>1.0</b>	0.1	0.4	0.5	0.7	0.3	0.4	0.3
Vitamin E Alpha-tocopherol (mg)	<b>7.4</b>	1.6	0.3	4.3	0.2	0.4	0.7	0.2
Calcium (mg)	<b>75</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

\*A study published in a recent issue of the American Journal of Clinical Nutrition shows that when measuring digestibility, whole almonds provide about 20% fewer calories than originally thought. The findings show a one-ounce serving of almonds (about 23) has 129 calories versus the 160 calories currently listed on the Nutrition Facts Panel. 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.

Source: U.S. Department of Agriculture, Agricultural Research Service. 2012. USDA National Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl> The red number indicates the highest value.

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