



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 tree nut highest in protein, fiber, calcium, vitamin E (alpha-tocopherol), riboflavin and niacin. In fact, among tree 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 small packages!

Based on a one-ounce portion	ALMOND	BRAZIL	CASHEW	HAZELNUT	MACADAMIA	PECAN	PISTACHIO	WALNUT
Calories	163	186	157	178	204	196	159	185
Protein (g)	6.0	4.1	5.2	4.2	2.2	2.6	5.8	4.3
Total Fat (g)	14.0	18.8	12.4	17.2	21.5	20.4	12.9	18.5
Saturated Fat (g)	1.1	4.3	2.2	1.3	3.4	1.8	1.6	1.7
Polyunsaturated Fat (g)	3.4	5.8	2.2	2.2	0.4	6.1	3.9	13.4
Monounsaturated Fat (g)	8.8	7.0	6.7	12.9	16.7	11.6	6.8	2.5
Carbohydrates (g)	6.1	3.5	8.6	4.7	3.9	3.9	7.8	3.9
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 (mgc)	14	6	7	32	3	6	14	28
Riboflavin (mg)	0.3	0	0	0	0	0	0	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	1.1	0.8

Source: U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>
The red number indicates the highest value.