



Nutritional Information for Walnuts

Nutrients in One Ounce of Walnuts

Walnuts are regarded as a very nutritious product. One ounce of walnuts provides 2.5 grams of Omega-3 fatty acids (alpha/linolenic acid). In addition, walnuts contain many antioxidants. According to an evidence based review, antioxidants help to prevent certain chronic diseases of aging, including cardiovascular, neurological, and anti-carcinogenic ailments due to their ability to control free radicals – known to negatively influence healthy aging. In a 2006 study, 1113 different foods were tested and walnuts ranked second only to blackberries in terms of antioxidant content. Another study examining the levels of antioxidants in various foods reported at least 10 different antioxidants present in walnuts. According to the study, a handful of walnuts has significantly more antioxidants than a glass of apple juice, a milk chocolate bar or a glass of red wine.



Source: California Walnut Board; USDA National Nutrient Database for Standard Reference, Release 21, 2008.

*g = gram; **mg = milligram; ***mcg = microgram; ****% DV = % Daily Value

NUTRIENT	UNITS	WALNUTS
	# OF KERNELS/OZ.	14 HALVES
CALORIES	KCAL	190
PROTEIN	G*	4
TOTAL FAT	G	18
SATURATED FAT	G	1.5
MONOUNSATURATED FAT	G	2.5
POLYUNSATURATED FAT	G	13
LINOLEIC ACID (18:2)	G	11
LINOLENIC ACID (18:3)	G	2.5
CHOLESTEROL	MG**	0
CARBOHYDRATE	G	4
FIBER	G	2
CALCIUM	MG (%DV***)	28(2)
IRON	MG (%DV)	0.82 (4)
MAGNESIUM	MG (%DV)	45 (10)
PHOSPHORUS	MG (%DV)	98 (10)
POTASSIUM	MG (%DV)	125 (4)
SODIUM	MG (%DV)	1 (0)
ZINC	MG (%DV)	0.88 (6)
COPPER	MG (%DV)	0.45 (25)
MANGANESE	MG (%DV)	0.97 (50)
SELENIUM	MCG****(%DV)	1.4 (2)
VITAMIN C	MG (%DV)	0.4 (0)
THIAMIN	MG (%DV)	0.1 (6)
RIBOFLAVIN	MG (%DV)	0.04 (2)
NIACIN	MG (%DV)	0.32 (2)
PANTOTHENIC ACID	MG (%DV)	0.16 (2)
VITAMIN B6	MG (%DV)	0.15 (8)
FOLATE	MCG (%DV)	28 (6)
CHOLINE, TOTAL	MG (%DV)	11.1 (2)
BETAINE	MG	0.1
VITAMIN B12	MCG (%DV)	0 (0)
VITAMIN A	IU (%DV)	6 (0)
VITAMIN K	MCG	0.8
VITAMIN E	(%DV)	(0)
TOCOPHEROL, ALPHA	MG	0.20
TOCOPHEROL, BETA	MG	0.04
TOCOPHEROL, GAMMA	MG	5.91
TOCOPHEROL, DELTA	MG	0.54
CAROTENOIDS		
CAROTENE, BETA	MCG	3
CAROTENE, ALPHA	MCG	0
CRYPTOXANTHIN, BETA	MCG	0
LUETEIN + ZEAXANTHIN	MCG	3