



## Go Nuts!

### Nutty Nutrition

- Nuts are high in fat and calories. Most of the fat, however is unsaturated.
- Some nuts are good sources of omega-3 fatty acids.
- Nuts are a good source of protein.
- Nuts provide antioxidants.



### Quick Tips

- Eat a variety of nuts to maximize your intake of vitamins, minerals and phytochemicals.
- Limit your intake by sprinkling atop salads, stir-fry dishes, fish, or cereals.
- Choose leaner cuts of meat, skinless poultry, fish, light margarine and fat free dressings to balance your fat intake.

| Serving size<br>(1 ounce) | Almond | Cashew | Pecan | Peanut | Walnut |
|---------------------------|--------|--------|-------|--------|--------|
| Calories                  | 160    | 160    | 200   | 160    | 190    |
| Fat (g)                   | 14     | 13     | 20    | 14     | 18     |
| Unsaturated<br>Fat (g)    | 13     | 12     | 17    | 12     | 16     |
| Protein (g)               | 5.7    | 4      | 2.2   | 6.7    | 4.1    |

### Tips for Buying and Storing

- Keep nuts in an airtight container, preferably in the refrigerator for up to 6 months or 1 year in the freezer.
- When buying whole nuts look for clean, uncracked shells.

### How Much Do You Know About Nuts?

1. Nuts are high in saturated fat. T/F
2. Consuming nuts may control your appetite. T/F
3. Eating nuts increases your risk for high blood pressure. T/F

Publication #FDNS-E-89-67a

Reviewed by Connie Crawley MS, RD, LD  
2013

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity  
Employer/Affirmative Action Organization  
Committed to a Diverse Work Force**