

# Nutty Snacks

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Nuts are a tasty snack that can give your diet a nutritional boost. Most supermarkets carry a variety of nuts in their shells. It can be a little messy to crack them open but a great experience for



children\* to see how nuts look when they grow on a tree. Along with a variety of vitamins and minerals, nuts contain beneficial unsaturated fats, protein, and fiber. Here are how different types of nuts compare by calories, fat, fiber, and protein in once ounce (a small handful).

**\*Note:** Nuts can be a choking hazard and should not be fed to children under the age of 4.

## Nuts for Nutrients:

| Tree Nuts (1 oz.) | Serving Size     | Calories | Fat (g) | Fiber (g) | Protein (g) |
|-------------------|------------------|----------|---------|-----------|-------------|
| <b>Almonds</b>    | 20-23 whole nuts | 163      | 14      | 3.5       | 6.0         |
| <b>Cashews</b>    | 16 nuts          | 157      | 12.4    | 2.3       | 5.2         |
| <b>Hazelnuts</b>  | 21 nuts          | 180      | 17      | 2.7       | 4           |
| <b>Macadamia</b>  | 10-12 nuts       | 204      | 21.5    | 2.4       | 2.2         |
| <b>Peanuts**</b>  | 28 peanuts       | 166      | 14      | 2.4       | 6.9         |
| <b>Pecans</b>     | 19 halves        | 196      | 20      | 2.7       | 2.6         |
| <b>Pistachios</b> | 49 nuts          | 159      | 13      | 2.9       | 5.8         |
| <b>Walnuts</b>    | 14 halves        | 185      | 18.5    | 1.9       | 4.3         |

\*\*Peanuts are technically a legume (a dried pea, bean, or lentil), but they are used like nuts and have a similar nutrient profile.



## Nutty Facts

Nuts make a tasty snack and offers a delicious source of protein.

- Nuts in their shells will keep 6-12 months if stored in a cool, dry place. Shelled nuts will keep for 3-4 months.
- Keeping nuts in the refrigerator or freezer slows the development of off-flavors.
- Shop for unsalted or lightly salted varieties to maximize the nutritional value.
- Most nut butters are as nutritious as nuts themselves: almond butter, peanut butter, cashew butter, etc.
- Tree nuts and peanuts are on the list of the eight major allergens that must be listed on packaged foods sold in the U.S. For more information on food allergies, check out UNL's Food Allergy Research & Resource Program:

<https://farrp.unl.edu/for-consumers>

### Sources:

1. FoodData Central, United States Department of Agriculture: <https://fdc.nal.usda.gov>
2. Reducing the Risk of Choking, USDA: <https://go.unl.edu/xc2j>