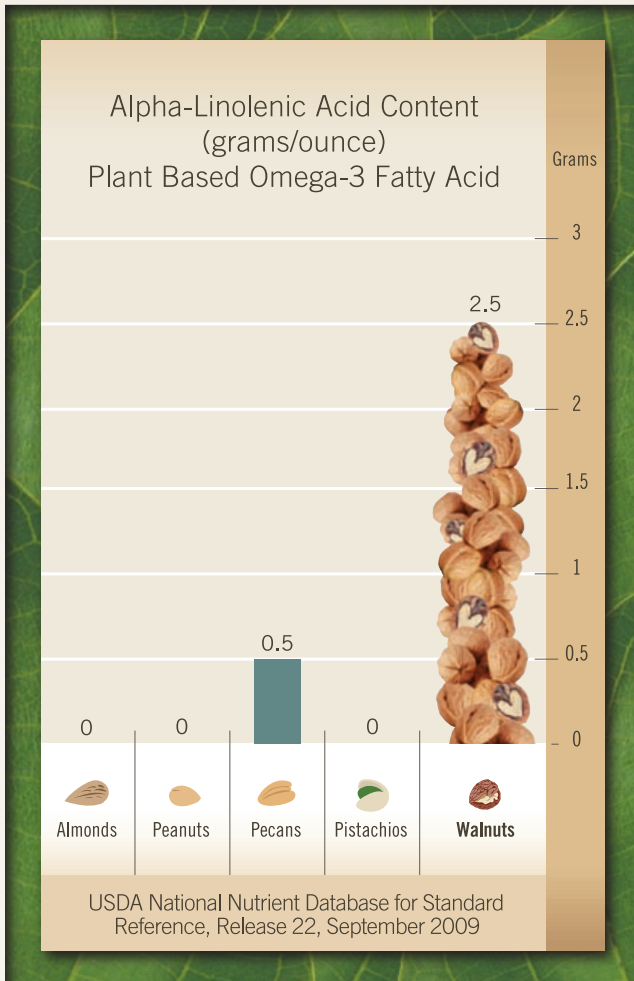


# HOW DOES *your favorite nut* STACK UP

when it comes to omega-3 content?



California Walnuts, raw  
(English walnuts)

### Nutrition Facts

Serving Size: 1 ounce (28g)  
1/4 cup shelled halves or pieces  
14 halves

### Amount Per Serving

|                           | Calories | 190 |           | % Daily Value |
|---------------------------|----------|-----|-----------|---------------|
| Calories from Fat 160     |          |     |           |               |
| <b>Total Fat</b>          | 18g      |     | 28%       |               |
| Saturated Fat             | 1.5g     |     | 8%        |               |
| Trans Fat                 | 0g       |     |           |               |
| Monounsaturated Fat       | 2.5g     |     |           |               |
| Polyunsaturated Fat       | 13g      |     |           |               |
| Omega-3 Fatty Acids       |          |     |           |               |
| Alpha-Linolenic Acid      | 2.5g     |     |           |               |
| <b>Cholesterol</b>        | 0mg      |     | 0%        |               |
| <b>Sodium</b>             | 1mg      |     | 0%        |               |
| <b>Potassium</b>          | 125mg    |     | 4%        |               |
| <b>Total Carbohydrate</b> | 4g       |     | 1%        |               |
| Dietary Fiber             | 2g       |     | 8%        |               |
| Sugar                     | <1g      |     |           |               |
| <b>Protein</b>            | 4g       |     | 9%        |               |
| Vitamin A                 | 0%       |     | Vitamin C | 0%            |
| Calcium                   | 2%       |     | Iron      | 4%            |
| Copper                    | 25%      |     | Magnesium | 10%           |
| Phosphorus                | 10%      |     |           |               |

g = gram | mg = milligram  
Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
USDA National Nutrient Database for Standard Reference, Release 22, September 2009

*wholly*  
**NUTRITIOUS**  
&  
*simply*  
**DELICIOUS**



*walnuts*

are one of the few whole foods that contribute many beneficial nutrients to the diet. For example, walnuts are a rich source of good polyunsaturated fat (PUFA) which includes essential alpha-linolenic acid (ALA), the plant form of omega-3 fatty acid. One serving of walnuts contains 18 grams of total fat, of which 13 grams are PUFA and 2.5 grams are ALA.





## Mollie Katzen's Broccoli Salad with Mushrooms & Walnuts

### Ingredients (Serves 6)

- 1/3 cup roasted walnut oil
- 1 tablespoon Chinese toasted sesame oil
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1 tablespoon finely minced fresh garlic
- 1 tablespoon finely minced fresh ginger
- Several grinds of fresh black pepper
- A pinch of cayenne
- 1/4 pound medium-sized mushroom caps (very fresh, "tight," and white)
- 2 pounds broccoli, cut into 2-inch spears
- 1/3 cup unseasoned rice vinegar
- 1 1/2 cups walnut halves, lightly toasted

### Directions

Combine the first 9 ingredients in a large bowl. Stir in the mushrooms.

Steam the broccoli until just tender and bright green. Refresh under cold running water, then drain thoroughly and pat dry with paper towels. Add this to the marinating mushrooms, and stir gently until well coated.

Cover tightly and allow to marinate at room temperature for at least 2 hours. If marinating longer, refrigerate.

Stir in the vinegar within 15 minutes of serving. Sprinkle on the walnuts at the very last minute.

*Note:* This recipe can be served cold or at room temperature.

### Nutrition Information

360 Calories, 32 g Total Fat, 3 g Saturated Fat, 6 g Monounsaturated Fat, 20 g Polyunsaturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 500 mg Sodium, 16 g Total Carbohydrate, 6 g Dietary Fiber, 9 g Protein



### Walnuts and Heart Health

Eating a handful of walnuts tastes great, and is a heart-healthy addition to your diet. For over a decade, researchers have shown diverse benefits of this whole food through many clinical studies. Due to the strength of evidence supporting cardiovascular health, the U.S. Food and Drug Administration approved the first ever qualified health claim for a whole food in March of 2004:

*"Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake may reduce the risk of coronary heart disease."*

A 2009 meta-analysis published in the *American Journal of Clinical Nutrition*, concluded that including walnuts in one's diet can help improve cardiovascular risk factors, and may also assist in decreasing inflammation and oxidative stress — due to their high antioxidant content. The analysis, conducted at the Harvard School of Public Health, reviewed the heart health benefits of walnuts on 365 participants from 13 short-term studies. When compared with control diets, diets supplemented with walnuts resulted in a significantly greater decrease (10.3 mg/dL) in total cholesterol and LDL "bad" cholesterol (-9.2 mg/dL) throughout the duration of the study.<sup>1</sup>

<sup>1</sup> Am J Clin Nutr. 2009 Jul;90(1):56–63

### Walnuts and Diabetes

Walnuts can be a nutritious choice for people with diabetes. A study published in 2004 reported the effect of a moderate-fat diet, inclusive of walnuts, on blood lipid profiles in patients with type-2 diabetes. The walnut group achieved a 10% reduction in LDL cholesterol. The researchers concluded that adding walnuts improved the blood lipid levels of the patients with type-2 diabetes and increased important polyunsaturated fat in the diet.<sup>2</sup>

### Walnuts and Antioxidants

Walnuts contain several antioxidants including 1.4 mg selenium, 3.5+/-1.0 ng/g melatonin, 5.91 mg gamma-tocopherol (a form of vitamin E) and several polyphenols. In a 2006 study, 1113 different foods were tested and walnuts ranked second only to blackberries in terms of antioxidant content.<sup>3</sup> Another study examining the levels of antioxidants in various foods, reported at least 10 different antioxidants present in walnuts (802 mg GAE of total phenols per ounce). According to the study, a handful of walnuts has significantly more phenolics (antioxidants) than a glass of apple juice (117 mg), a milk chocolate bar (205 mg), or a glass of red wine (372 mg).<sup>4</sup>

<sup>2</sup> Including Walnuts in a Low-Fat/Modified-Fat Diet Improves HDL Cholesterol-to-Total Cholesterol Ratios in Patients With Type 2 Diabetes. *Diabetes Care*. 2004 Dec;27(12):2777–83.

<sup>3</sup> Content of Redox-active Compounds (ie, antioxidants) in Foods Consumed in the United States. *Am J Clin Nutr*. 2006 Jul;84(1):95–135.

<sup>4</sup> Walnut Polyphenolics Inhibit J Nutr. 2001 Nov;131(11):2837–42.

### Beneficial Nutrients

In addition to antioxidants and essential ALA/omega-3 fatty acids, an ounce of walnuts provides 4 grams of protein and 2 grams of fiber. Walnuts are also a good source of magnesium (44.79 mg/oz) and phosphorus (98.09 mg/oz).

### Walnut Storage

For optimum taste and freshness, store walnuts in the refrigerator. If you want to store them for a month or longer, place in the freezer. Always use air tight containers to preserve the great flavor.

### Simple and Tasty Ways to Enjoy Walnuts

- Top hot or cold cereal with walnuts
- Enjoy a breakfast parfait or smoothie with yogurt, fresh fruits and walnuts
- Add walnuts to muffin or pancake batter
- Use walnut hummus as a sandwich spread or vegetable dip
- Add seasoned or spiced walnuts to salads
- A handful of walnuts makes a great anytime snack
- Coat fish or poultry with chopped walnuts and herbs
- Walnuts and pizza? You bet! Mix into dough or sprinkle on veggie pies
- Top a bowl of ice cream with chopped walnuts, blueberries and dark chocolate sauce
- Combine walnuts into side dishes such as rice, quinoa and whole wheat pastas
- Add walnut halves to your favorite cheese platter

For up to date health information and great recipes, visit walnuts online at [WWW.WALNUTS.ORG](http://WWW.WALNUTS.ORG)