

Eat Your Nutties

Micronutrient Content in Common Nuts (per oz/28 grams)

	Almond	Brazil	Cashew	Hazelnut	Macademia	Pecan	Pistachio	Walnut
Calories	163	186	157	178	204	196	158	185
Calcium (mg)	75	45	10	32	24	20	30	28
Copper (mg)	0.3	0.5	0.6	0.5	0.2	0.3	0.4	0.5
Folate (mcg)	14	6	7	32	3	6	14	28
Iron (mg)	1.1	0.7	1.9	1.3	1.1	0.71	1.2	0.8
Magnesium (mg)	76	107	83	46	37	34	34	45
Niacin (mg)	1	0.1	0.3	0.5	0.7	0.3	0.4	0.3
Potassium (mg)	210	187	187	193	104	116	291	125
Selenium (mcg)	1.2	544	3	0.7	1	1.1	2.8	1.4
Vitamin E	7.4	1.6	0.3	4.3	0.2	0.4	0.7	0.2
Zinc (mg)	0.9	1.2	1.6	0.7	0.4	1.3	0.6	0.9