










^values are approximate and may vary due to seasonal fluctuations

Sources:

Nuts For Life 2009 Nutrient Composition of Tree Nuts

*USDA Food and Nutrient Database for Dietary Studies, 4.1. 2010. Beltsville, MD: Agricultural Research Service, Food Surveys Research Group.

Per 100g	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Fat Monounsaturated (g)	Fat Polyunsaturated (g)	Carbohydrate Total (g)	Carbohydrate Sugars (g)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Folate (mcg)	Vitamin B6 (mg)	Vitamin A (mcg)	Vitamin E (mg)
 Almonds	2503	19.5	54.7	3.7	35.9	12.8	4.8	4.8	8.8	5.0	740	260	250	3.9	3.7	0.19	1.40	3.9	29	0.14	2	26.2
 Brazil Nuts	2886	14.4	68.5	14.8	21.8	29.0	2.4	2.1	8.5	2.0	560	350	150	2.2	4.1	0.60	0.43	0.6	22	0.1	2	5.7
 Cashews	2437	17.0	49.2	8.4	31.1	7.5	16.8	5.5	5.9	11.0	550	250	34	5.0	5.5	0.64	0.19	1.8	25	0.42	1	0.9
 Hazel Nuts	2689	14.8	61.4	2.7	48.8	7.2	5.1	4.4	10.4	3.0	680	160	86	3.2	2.2	0.39	0.17	2.2	113	0.56	3	15.0
 Macadamias	3080	9.2	74.0	10.0	59.8	3.8	7.9	4.6	6.4	1.4	410	130	85	3.7	1.3	1.20	0.16	2.5	11	0.28	0	0.5
 Pepitas*	2348	30.2	49.1	8.66	16.2	21.0	10.7	1.4	6.0	7.0	809	592	46	8.82	7.81	0.27	0.15	4.99	58	0.14	1	2.18
 Pine Nuts	2925	13.0	70.0	4.2	23.0	39.8	4.5	3.4	5.1	3.0	600	230	11	4.1	5.3	0.57	0.19	4.3	34	0.09	2	9.3
 Sunflower Seeds*	2453	20.8	51.5	4.46	18.5	23.1	20.0	2.62	8.6	9.0	645	325	78	5.25	5.0	1.48	0.36	8.34	227	1.35	3	35.2
 Walnuts	2904	14.4	69.2	4.4	12.1	49.6	3.0	2.7	6.4	3.0	440	150	89	2.5	2.5	0.33	0.18	1.4	70	0.54	4	0.7

At Freshlife® everything happens naturally. Our passion means our dried fruit, nuts & seeds are carefully picked from the very best growers in Australia and beyond.