THE ULTIMATE
NUT NUTRITION GUIDE

This is your go-to guide for all things nut nutrition—and why pecans deserve a top spot in your daily snack routine. Pecans pack a powerful nutrient punch, serving as a good source of fiber, thiamin, and zinc, and an excellent source of copper and manganese. Add to that their antioxidant profile and you've got a smart, well-rounded choice for everyday munching and crunching. Plus, they're proudly North American grown. When it comes to smart snacking, pecans are a natural pick.

Based on a 1 ounce serving of raw nuts	 **PECANS**	 **ALMONDS**	 **PISTACHIOS**	 **WALNUTS**	 **PEANUTS**	 **CASHEWS**	 **HAZELNUTS**	 **PINE NUTS**	 **MACADAMIA NUTS**	 **BRAZIL NUTS**
ANTIOXIDANTS TOTAL CAPACITY*	**17,940**	**What is total antioxidant capacity?[1]**		A way to quantify how many chemical compounds in a specific food act as antioxidants. Antioxidants may reduce oxidative stress, which promotes aging, chronic and degenerative diseases like cancer, heart disease, Alzheimer's and Parkinson's diseases. Nutrients that act as antioxidants include vitamin C (ascorbic acid), vitamin E (tocopherols and tocotrienols) and selenium. Carotenoids, isoflavones, flavonoids and proanthocyanidins also contribute to antioxidant activity of a food.[2]						
MANGANESE (mg)	**1.3 (60% DV)** ★★ *Essential for metabolism, bones, reproduction, and immunity.[13]*	0.6 ★★	0.3 ★	1.0 ★★	0.5 ★★	0.5 ★★	1.8 ★★	2.9 ★★	1.2 ★★	0.3 ★
COPPER (mg)	**0.3 (35% DV)** ★★ *Supports energy, metabolism, brain function, and immune health.[14]*	0.3 ★★	0.4 ★★	0.5 ★★	0.3 ★★	0.6 ★★	0.5 ★★	0.3 ★★	0.2 ★★	0.5 ★★
ZINC (mg)	**1.3 (10% DV)** ★ *Vital for metabolism, immunity, healing, and development.[15]*	0.9	0.6	0.9	1.3 ★	1.6 ★	0.7	1.6 ★	0.4	1.2 ★
THIAMIN (mg)	**0.2 (15% DV)** ★ *Essential B vitamin for metabolism, growth, and cell function.[16]*	0.06	0.2 ★	0.1	0.2 ★	0.12 ★	0.2 ★	0.2 ★	0.3 ★	0.2 ★
CALORIES	**200**	164	159	185	160	157	178	195	204	187
PROTEIN (g)	**3**	6 ★	6 ★	4	7 ★	5 ★	4	4	2	4
TOTAL FAT (g)	**20** *Heart-healthy mix of unsaturated fats, plant sterols, fiber, and flavonoids.*	14	13	18	14	12	17	17	22	19
CARBOHYDRATES (g)	**4**	6	8	4	5	9	5	5	4	3
FIBER (g)	**3** ★	4 ★	3 ★	2	2	<1	3 ★	1	2	2

★ = good source notes at least 10% daily value

★★ = excellent source means at least 20% daily value

** The data for antioxidant capacity of foods generated by test-tube methods cannot be extrapolated to human effects. Clinical trials to test benefits of dietary antioxidants have produced mixed results.*

Serving size = 1 ounce or about 19 halves
DV = % Daily Value
Source: USDA National Nutrient Database for Standard Reference

SOURCES:

1 U.S. Department of Agriculture, Agricultural Research Service. 2010. Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods, Release 2. Nutrient Data Laboratory Home Page: http://www.ars.usda.gov/nutrientdata/orac.

2 Wu X, Beecher GR, Holden JM, Haytowitz DB, Gebhardt SE, Prior RL. Lipophilic and hydrophilic antioxidant capacities of common foods in the United States. J Agric Food Chem. 2004 Jun 16;52(12):4026-37. doi: 10.1021/jf049696w. PMID: 15186133.

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