What is an ounce of tree nuts?
The answer varies depending on the type and size of each nut.

Here are examples of one-ounce portions of each tree nut, along with the average number of nuts per serving.

Nutrition in Every Handful

Almonds 20-24

Cashews 16-18

Hazelnuts 18-20

Macadamias 10-12

Brazil Nuts 6-8

Pecans 18-20 HALVES

Pine Nuts 150-157

Pistachios 47-49

Walnuts 8-14 HALVES