



Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.\*

*\*2003 FDA Qualified Health Claim.*

**Almonds** – Excellent Source of Vitamin E



**Brazil Nuts** – One Brazil Nut Provides 100% of the DV for Selenium



**Cashews** – Rich in Magnesium



**Hazelnuts** – Rich in Vitamin E



**Macadamias** – Excellent Source of Manganese



**Pecans** – High in Total Flavonoids



**Pine Nuts** – High in Copper



**Pistachios** – Great Source of Plant Sterols



**Walnuts** – Excellent Source of Omega-3 Fatty Acids

