

Nutty Snacks

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Nuts are a tasty snack that can give your diet a nutritional boost. Most supermarkets carry a variety of nuts in their shells. It can be a little messy to crack them open but a great experience for children* to see how nuts look when they grow on a tree. Along with a variety of vitamins and minerals, nuts contain beneficial unsaturated fats, protein, and fiber. Here are how different types of nuts compare by calories, fat, fiber, and protein in once ounce (a small handful).



***Note:** Nuts can be a choking hazard and should not be fed to young children under the age of 4.

Nuts for Nutrients:

Tree Nuts (1 oz.)	Serving Size	Calories	Fat (g)	Fiber (g)	Protein (g)
Almonds	20-23 whole nuts	163	14	3.5	6.0
Cashews	16 nuts	157	12.4	2.3	5.2
Hazelnuts	21 nuts	180	17	2.7	4
Macadamias	10-12 nuts	204	21.5	2.4	2.2
Peanuts**	28 peanuts	166	14	2.4	6.9
Pecans	19 halves	196	20	2.7	2.6
Pistachios	49 nuts	159	13	2.9	5.8
Walnuts	14 halves	185	18.5	1.9	4.3

**Peanuts are technically a legume (a dried pea, bean, or lentil), but they are used like nuts and have a similar nutrient profile.



Nutty Facts

Nuts make a tasty snack and offers a delicious source of protein.

- Nuts in their shells will keep about 6 to 12 months if stored in a cool, dry place, but shelled nuts will keep only for 3 to 4 months.
- Keeping nuts in the refrigerator or freezer slows the development of off-flavors.
- Shop for unsalted or lightly salted varieties to maximize the nutritional value.
- Most nut butters are as nutritious as nuts themselves: almond butter, peanut butter, cashew butter, etc.
- Tree nuts and peanuts are on the list of the eight major allergens that must be listed on packaged foods sold in the U.S. For more information on food allergies, check out UNL's Food Allergy Research & Resource Program: <https://farrp.unl.edu/for-consumers>

For more information check out Family Fun on the Run:

<http://go.unl.edu/familyfun>

Sources:

1. USDA Food Composition Databases: <https://ndb.nal.usda.gov>
2. Nuts: Highly Nutritious Plant Protein, Berkley Wellness, University of California: <https://bit.ly/2iJqqt>
3. Practice Choking Prevention, USDA: <https://bit.ly/2GhgP3>