

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 one ounce (a small handful).



Nuts for Nutrients:

Tree Nuts (1 oz.)	Serving Size	Calories	Fat (g)	Fiber (g)	Protein (g)
Almonds	20-23 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
Macadamia	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

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

**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 tasty snacks and offer a delicious source of protein.
- Nuts in their shells will keep 6-12 months if stored in a cool, dry place. Shelled nuts will keep for 3-4 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.

Tree Nut and Peanut Allergies

- Tree nuts and peanuts are on the list of the nine major allergens that must be listed on packaged foods sold in the United States.
- For more information on food allergies, check out UNL's Food Allergy Research & Resource Program: <https://farrp.unl.edu/for-consumers>

This article has been peer reviewed and updated in 2025. For more information check out the Family Fun on the Run newsletter: <http://go.unl.edu/familyfun>

Sources:

1. FoodData Central, United States Department of Agriculture: <https://fdc.nal.usda.gov>
2. Reducing the Risk of Choking, USDA: <https://go.unl.edu/choking-usda>