



Stahmann Farms



WALNUT HEALTH & NUTRITION

Omega 3

Walnuts are a source of Alpha Linolenic Acid (ALA) or plant Omega 3's. The Adequate Intake (AI) for an adult male is 1.3g/day. Walnuts contain 144% per serve of the AI for men in every handful (30g).¹

'GOOD' fats

Walnuts are rich in healthy polyunsaturated fats, plus have a low proportion of saturated fat. Polyunsaturated fats are necessary for maintaining heart health.²

Cholesterol and Trans fat Free

Like all tree nuts Walnuts are cholesterol free. They're also free of trans fat – a type of fat that acts like an unhealthy saturated fat in the body.

Contains Natural Dietary Fibre

Fibre helps with the maintenance of a healthy bowel function.³ Just one 30g handful of walnuts contains equivalent to 6% of your Recommended Dietary Intake (RDI).^{4&5}

Magnesium

Walnuts contain 14% of your RDI for magnesium in a single 30g serve.^{4&6} Magnesium is necessary for good nerve and muscle function and helps the body to maintain strong bone structure.³

Copper

Copper is an antioxidant mineral that the body uses to prevent free radical damage to tissues. It is also essential for the transport of iron around the body.³ Walnuts contain 16% of your Estimated Safe and Adequate Daily Dietary Intakes (ESADDI) in one 30g serving.^{4&6}

WALNUT NUTRITIONAL INFORMATION

<i>Serving Size: 30g</i>	<i>Average Quantity per serving</i>	<i>Average Quantity per 100g</i>
Energy	873kj (208Cal)	2910kj (694Cal)
Protein	4.3g	14.4g
Fat, Total	20.8g	69.2g
- Saturated	1.3g	4.4g
- Trans	0.0g	0.0g
- Monounsaturated	3.6g	12.1g
- Polyunsaturated	14.8g	49.4g
- Omega 3	1.9mg	6.3mg
- Alpha-linolenic acid	1.9mg	6.3mg
Cholesterol	0.0mg	0.0mg
Carbohydrate	0.9g	3.0g
- Sugars	0.8g	2.7g
Dietary Fibre	1.9g	6.4g
Sodium	0.9mg	3mg
Magnesium	45.0mg	150mg
Copper	0.5mg	1.58mg





WALNUT INFORMATION



For more information, please visit the following source:

www.walnut.net.au

The Australian Walnut Industry Association (AWIA) promotes the walnut industry in Australia and represents growers and producers. They provide standards for best practice in all aspects of walnut orchard development, harvesting and processing and production and marketing.

References:

1. Australian Government National Health and Medical Research Council Nutrient References Values for Australia and New Zealand cited at www.nrv.gov.au June 2010
2. Dietary fats and dietary sterols for cardiovascular health (2009) cited <http://www.heartfoundation.org.au/>
3. Food Standards Australia New Zealand Proposal P293 Draft Nutrient, health and related claims consultation paper for first review March 2009 cited <http://www.food-standards.gov.au/> June 2010
4. Nuts for Life. 2009 Nutrient Composition of Tree Nuts. Sydney: Nuts for Life; 2009.
5. Food Standards Code Australia New Zealand, Standard 1.2.8, Issue 115
6. Food Standards Code Australia New Zealand, Standard 1.1.1, Issue 115

