

# Answer Key

Naturally Nutritious

	Serving Size	Calories	Saturated Fat	Monounsaturated fat	Polyunsaturated fat	Omega-3's	Sodium	Sugar	Carbohydrate
Walnuts	28 grams	190	1.5 g	2.5 g	13 g	2.5 g	1 mg	< 1 g	4 g

Use the chart to record the nutritional value of walnuts.

1. Why are walnuts a nutritional snack. Explain your reasoning using facts from the nutrition label. **Walnuts have beneficial unsaturated fats instead of saturated fat, which does not have the health benefits of unsaturated fat. Walnuts provide Omega-3 fatty acids and very little sodium or sugar.**
2. Why are fats important in a human diet? **Our bodies require a certain amount of fat for cell growth, insulation from cold, and energy production. Fats help our body absorb vitamins A, D, E, and K.**
3. Which type of fat is more beneficial in our diet? **Unsaturated fat**
4. What types of fat should we consume in limited quantities? **Saturated fats Why? Saturated fats may be a risk factor for cardiovascular disease.**
5. Why is it essential that we add Omega-3's to our diet? **Omega-3 fatty acids have been shown to reduce the risk for coronary heart disease.**