

# California Walnuts

Naturally Nutritious

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Good dietary fat is an important part of a diet or meal plan, and helps our bodies in many ways including:

- Storing and providing energy
- Cell growth
- Keeping warm
- Protective layer around internal organs
- Healthy skin and hair
- Storing vitamins A, D, E, and K until the body needs them
- All fats are 9 calories per gram

All fat is not processed in our bodies the same way. Unsaturated fats are structurally different than other kinds of fat and research has shown that they provide health benefits for our heart. Saturated fat is found in meat, dairy, coconut, and processed foods. Unsaturated fat is found in nuts, seeds, oils, olives, avocados and seafood. Eating fat doesn't make you fat. Eating more calories than your body can use causes your body to store the excess calories as fat. A typical teenager should limit total fat intake to 25 – 35% of total daily calories.

The Dietary Guidelines for Americans 2010 recommend getting the majority of necessary fat calories from unsaturated fat. Studies show that unsaturated fatty acid, when consumed in appropriate quantities, is associated with low blood cholesterol levels. This in turn, leads to a lower risk of cardiovascular disease.

Walnuts are an excellent source of a type of unsaturated fat called omega-3 fatty acids (2.5 grams/ounce). Consumption of omega-3 fatty acids may help protect your heart against coronary heart disease (CHD).

Some processed foods contain artificially made trans fats to increase the shelf life and improve the texture of the foods. These artificial trans fats should be limited in the diet because they can raise levels of the type of cholesterol that clogs arteries. Saturated fats should also be consumed in limited quantities. Check for this information on food nutrition labels.

## **Nutrition Labels**

The Food and Drug Administration (FDA) requires a Nutrition Facts Panel on all packaged foods. Information about fat content, calories, and other nutrients can be found on food nutrition labels. Following is a sample nutritional label for walnuts.

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(continued)

## California Walnuts, raw (English walnuts)

### NUTRITION FACTS

Serving Size: 1 ounce (28g)  
¼ cup shelled halves or pieces  
12-14 halves

### AMOUNT PER SERVING

<b>Calories</b>	190		
Calories from Fat	160	<b>% Daily Value</b>	
<b>TOTAL FAT</b>	18g	28%	
Saturated Fat	1.5g	8%	
Trans Fat	0g		
Monounsaturated Fat	2.5g		
Polyunsaturated Fat	13g		
Omega-3 Fatty Acids			
Alpha-Linolenic Acid	2.5g		
<b>CHOLESTEROL</b>	0mg	0%	
<b>SODIUM</b>	1mg	0%	
<b>POTASSIUM</b>	125mg	4%	
<b>TOTAL CARBOHYDRATE</b>	4g	1%	
Dietary Fiber	2g	8%	
Sugar	< 1g		
<b>PROTEIN</b>	4g	9%	
Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	4%
Copper	25%	• Magnesium	10%
Phosphorus	10%		

g = gram | mg = milligram

Percent Daily Values (DV) are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.  
USDA National Nutrient Database for Standard Reference, Release 27, 2014

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Name \_\_\_\_\_

	Serving Size	Calories	Saturated Fat	Monounsaturated fat	Polyunsaturated fat	Omega-3's	Sodium	Sugar	Carbohydrate
Walnuts									

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.
2. Why are fats important in a human diet?
3. Which type of fat is more beneficial in our diet?
4. What types of fats should we consume in limited quantities? Why?
5. Why is it essential that we add Omega-3's to our diet?