



Health, Nutrition & Life Coach

Nut Type	*Protein per 100g	*Fibre per 100g	*Carbs Per 100g	*Of which is Sugar	*Fat 100g	*of which is Saturates	*of which is Polyunsaturated	*of which is Monounsaturated	*Calories Per 100g	Nutrient Rich in?	Portion size per person
Almond	21g	7.4g	6.9g	4.2g	56g	4.4g	12g	39.6g	630	Calcium, Fibre, Riboflavin (Vit B2)	30g
Brazil	14.3g	7.5g	4.8g	2.4g	66.4g	15.1g	20.4g	30.9g	689	Magnesium, Selenium	30g
Cashew	18.2g	3.3g	26.6g	5.9g	43.9	7.8g	7.8g	23.8g	582	Zinc, Copper, Iron	30g
Hazelnut	15g	9.7g	7g	4.3g	60.8g	4.5g	7.9g	45.7g	654	Folate, Magnesium	30g
Macadamia	7.9g	8.6g	5.2g	4.6g	75.8g	12.1g	1.5g	58.9g	752	Monounsaturated Fats	25g
Pecan	9.2g	9.6g	4.3g	4g	72g	6.2g	21.6g	40.8g	721	Zinc, Vit E	25g
Pistachio	20.3g	10.3g	17.2g	7.7g	44.4g	5.4g	13.5g	23.3	579	Potassium, Vit B6	25g
*Typical Values											
Please note - These are based on 100g NOT portion size											