











PREMIUM NUTS

COMMON NUTS

PER 30g SERVING	BARUKAS NUTS	MACADAMIA	PINE NUTS	PECANS	BRAZIL NUTS	WALNUTS	PEANUTS	CASHEWS	ALMONDS	PISTACHIOS
										
CALORIES	144	216	202	213	198	196	176	172	174	171
PROTEIN (g)	6	2	4	3	4	5	7	5	6	6
FIBER (g)	5	2	1	3	2	2	3	1	4	3
ANTIOXIDANTS (ORAC TE)	6,330	538	762	5,695	450	4,298	1,003	618	1,413	2,437
FAT CAL	90	207	189	198	180	180	135	126	135	126
FAT (g)	10	23	21	22	20	20	15	14	15	14