
















Nutrition of Nuts and Seeds

Nut Variety	Major Nutrients		Recipe Suggestions
Almonds 	Manganese Magnesium Vitamin E	Riboflavin Copper Phosphorus Fiber	<ul style="list-style-type: none"> Seasoned whole almonds Coating for chicken or fish Sliced almonds in salads
Brazil Nuts 	Selenium Copper Magnesium	Phosphorus Manganese Thiamin	<ul style="list-style-type: none"> Crushed in pesto Chopped and added to grain side dishes or pilafs
Cashews 	Copper Manganese Magnesium	Phosphorus Vitamin K Zinc Iron	<ul style="list-style-type: none"> Ingredient in Indian cuisine Topping for granola, yogurt, or smoothies
Hazelnuts 	Manganese Copper Vitamin E	Thiamin Magnesium Fiber	<ul style="list-style-type: none"> Paired with roasted veggies Chopped & added to pasta In stuffing and pilaf dishes
Macadamia Nuts 	Manganese Thiamin	Copper Fiber	<ul style="list-style-type: none"> Coating for chicken or fish Paired with fruit in salads Chopped over oatmeal
Peanuts 	Manganese Niacin Folate Copper	Magnesium Vitamin E Phosphorus Thiamin	<ul style="list-style-type: none"> In Asian or Indian cuisine Added to sautéed or roasted veggies
Pecans 	Manganese Copper	Thiamin Fiber	<ul style="list-style-type: none"> Added to stuffing for veggies (squash, peppers) Ground and added to soup
Pistachios 	Vitamin B ₆ Copper Manganese	Phosphorus Thiamin Fiber	<ul style="list-style-type: none"> Added to granola/trail mix Ground and added to pesto, hummus, or salads
Walnuts 	Manganese Copper	Magnesium Phosphorus	<ul style="list-style-type: none"> Added to quinoa or pilafs Chopped over salads Roasted with fruit for a healthy dessert alternative

Source: United States Department of Agriculture

Seed Variety	Major Nutrients		Recipe Suggestions
Chia Seeds 	Fiber Manganese	Phosphorus Calcium	<ul style="list-style-type: none"> Homemade pudding Yogurt or oatmeal topping Added to chicken coating
Flaxseed 	Manganese Thiamin Magnesium Fiber	Phosphorus Copper Selenium	<ul style="list-style-type: none"> Added to batters or dough Ground in smoothies Whole in salad/rice dishes
Hemp Seeds 	Vitamin E Magnesium Zinc	Manganese Iron	<ul style="list-style-type: none"> As a topping for salads, smoothies, or side dishes Added to pasta sauce
Pumpkin Seeds 	Iron Manganese Magnesium Phosphorus	Copper Zinc Vitamin K	<ul style="list-style-type: none"> Seasoned, roasted snack Tossed into soups or salads or over homemade bread
Sesame Seeds 	Copper Manganese Calcium Magnesium Iron	Phosphorus Thiamin Zinc Fiber Vitamin B-6	<ul style="list-style-type: none"> As tahini for hummus Added to beans or veggies In Asian cuisine
Sunflower Seeds 	Vitamin E Thiamin Manganese Copper Magnesium Selenium	Vitamin B-6 Phosphorus Folate Niacin Fiber	<ul style="list-style-type: none"> Added to granola/trail mix Topping for salad or rice Seasoned, roasted snack

Source: United States Department of Agriculture

NOTES



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