

# Why Black Walnut?

**“The black walnut is a treasure chest, filled with precious nourishment.”**

—*Environmental Nutrition*, 11/1/2000

“Black walnuts are a unique member of the tree nut family in that they are a source of the omega-3 fat alpha-linolenic acid, one of the ‘good fats’ linked to several important health benefits including lowering cholesterol, regulating heartbeat and reducing inflammation.”

(Source: *Environmental Nutrition*, 11/1/2000)

“In the majority of dietary studies, approximately one ounce of tree nuts per day is the minimal amount needed to provide statistically significant benefits, and that’s the amount we recommend that you incorporate into your daily diet.”

—*World’s Healthiest Foods*, whfoods.com

Nutrients in Walnuts (per 100g)	
Vitamin/ Nutrient	% Daily Value
Vitamin E	9%
Vitamin B6	29%
Magnesium	50%
Phosphorus	51%
Potassium	15%
Selenium	24%
Dietary Fiber	27%
Protein	48%

(Table Values provided by USDA SR-21)

## Black Walnut Vs. English Walnut

	Black Walnut (100 g)	English Walnut (100 g)
Calories	618	654
Protein	24.06 g	15.23 g
Iron	3.12 mg	2.91 mg
Calcium	61 mg	98 mg
Magnesium	201 mg	158 mg
Phosphorus	513 mg	346 mg
Polyunsaturated Fat (Omega-3 & Omega	35.08 g	47.1 g

(Source: United States Dept. of Agriculture nutrition database)

“The walnut is a surprisingly underrated health food. Studies show regular walnut consumption is associated with lowering bad cholesterol, raising good cholesterol and lowering risk for heart disease. In animal studies, walnuts have even been associated with slowing breast cancer growth.

Walnuts are unique among nuts because they are the only nut to contain large amounts of alpha-linolenic acid, one of two major types of omega-3 fatty acids.”

—*Tara Parker-Pope*, *New York Times* article, October 2, 2009

“I can say one more thing about walnuts: when the overall nutritional quality of nuts is measured comprehensively, they come out on top. On the NuVal scale from 1 to 100, which has itself been validated against health outcomes in 100,000 people, walnuts score 82. Almonds are close behind at 81, but virtually no other nut comes close. Pistachios score 69; pecans, 67; peanuts, 29; and cashews, 25...walnuts are the pick of the nut crop in my opinion...”

—*Dr. David L. Katz, M.D.*, “The Case for Walnuts”,  
[www.huffingtonpost.com](http://www.huffingtonpost.com)

## First Fruits Black Walnuts

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