

# California Walnuts

# AN ESSENTIAL FOOD FOR HEALTH



## CALIFORNIA WALNUTS – PACKED WITH OMEGA-3s

OMEGA-3s ARE A TYPE OF ESSENTIAL FATTY ACID ASSOCIATED WITH MANY HEALTH BENEFITS

- They are considered an “essential” type of fat because the human body cannot produce omega-3s. We have to obtain our omega-3s from food sources.
- Walnuts are the only nut with a significant amount of omega-3s. Numerous studies have concluded that omega-3s help reduce the risk of heart disease, cancer, stroke, diabetes, high blood pressure and obesity.
- These findings are positively influencing purchasing behaviour, with 83 per cent of Canadians indicating that information about walnuts’ health properties drive them to purchase walnuts.<sup>1</sup>

<sup>1</sup> Rose Research, “California Walnut Promotional Activity Evaluation Study,” 2009.

## WALNUTS FOR HEART HEALTH

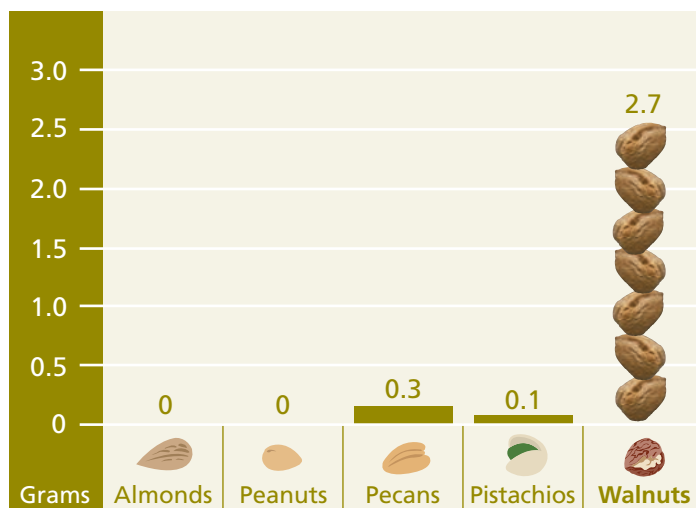


Numerous studies report the significant cardiovascular benefits of eating a 1.5 ounce (42 gram) serving of walnuts every day. These benefits include lowering total cholesterol, lowering bad cholesterol (LDL) and improving endothelial cell function, the cells that line arteries to the heart.

## WALNUTS FOR TYPE 2 DIABETES

A study conducted at the University of Wollongong in Australia demonstrated that for patients living with type 2 diabetes, a diet including walnuts can reduce LDL levels by as much as 10 per cent while helping reduce insulin resistance.

## OMEGA-3 FATTY ACID CONTENT IN ONE OUNCE (30 GRAMS) OF NUTS



Source: Info Access [1988] Inc. Data based on information in Canadian Nutrient File 2007B.

## MEDITERRANEAN DIET SUPPLEMENTED WITH WALNUTS HELPS REDUCE METABOLIC SYNDROME

Good news for older adults at risk for heart disease. A large human study published in the Archives of Internal Medicine (Dec. 8/22, 2008 issue) showed a 13.7 per cent decrease in metabolic syndrome in participants who followed a Mediterranean diet supplemented with three varieties of nuts, primarily walnuts, versus those that followed a Mediterranean diet supplemented with olive oil and a control group that consumed a standard low fat diet.

Metabolic syndrome is defined as a condition whereby people have three or more of the following conditions: abdominal obesity, high triglycerides, low levels of good cholesterol (HDL) and high blood sugar. According to Heart and Stroke Foundation of Canada researchers, the Canadian prevalence rate for metabolic syndrome is over 20 per cent.

The study was funded by the Spanish Ministry of Health and the government of Valencia, Spain.



For more information visit [www.walnutinfo.com](http://www.walnutinfo.com)

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### CALIFORNIA WALNUT OMEGA-3 ALLOWABLE NUTRIENT CONTENT CLAIM ON PACKAGING/LABELLING:

Health Canada allows for manufacturers and distributors of food products to use nutritional content claims on packaging and labelling, including omega-3 claims. Walnuts meet the conditions for these claims. Please note: if the claims for omega-3 polyunsaturated fatty acids listed in the table below are made, then the label of that food must comply with all of the requirements of the regulations, and must include a Nutrition Facts table (as found in Chapter 5 of the 2003 Guide to Food Labelling and Advertising, Canadian Food Inspection Agency).

SUBJECT	CONDITIONS	WALNUTS MEET CONDITIONS	STATEMENT OR CLAIM ALLOWED FOR USE ON PACKAGING/LABELLING
Source of omega-3 polyunsaturated fatty acids	The food contains a) 0.3 g or more of omega-3 polyunsaturated fatty acids per reference amount and serving of stated size; or b) 0.3 g or more of omega-3 polyunsaturated fatty acids per 100 g, if the food is a prepackaged meal.	A 1 oz (30 g) serving of walnuts contains 2.7 g of omega-3 polyunsaturated fatty acids, according to Info Access, based on information from the Canadian Nutrient File, 2007B.	"source of/contains/provides omega-3 polyunsaturated fatty acids"  "source of/provides/contains omega-3 polyunsaturated fat"  "source of/provides/contains omega-3 polyunsaturates"

For more information: Canadian Food Inspection Agency, 2003 Guide to Food Labelling and Advertising, Chapter 7.19

### NUTRIENTS IN WALNUTS (NUTS, WALNUTS ENGLISH OR PERSIAN, DRIED)

<b>NUTRIENTS</b>	100mL (42 g)	<b>VITAMINS</b>	<b>MINERALS</b>
<b>CALORIES</b>	276.0 kcal	Vitamin A	0.0 mcg
<b>MACRONUTRIENTS</b>		Folic acid	41.0 mcg
Water	1.72 g	Niacin	0.48 mg
Protein	6.44 g	Pantothenic acid	0.24 mg
Total Fat	27.56 g	Riboflavin	0.06 mg
Total Saturated Fat	2.58 g	Thiamin	0.14 mg
Trans Fat	0 g	Vitamin B-6 (pyridoxine)	0.23 mg
Total Monounsaturated Fat	3.78 g	Vitamin B-12 (cobalamin)	0 mcg
Total Polyunsaturated Fat	19.9 g	Vitamin C, total ascorbic acid	0.50 mg
Omega-6, linoleic acid (18:2)	16.1 g	Vitamin D	0.0 mcg
Omega-3, alpha-linolenic acid (18:3)	3.84 g	Vitamin E (alpha-tocopherol)	0.0 mg
Cholesterol	0 mg	Vitamin K	1.1 mcg
Total Carbohydrate	5.79 g		
Dietary Fibre	2.8 g		
Sugars	1.1 g		
		*unroasted	
		g = gram   mg = milligram   mcg = microgram	
			<b>CAROTENOIDS</b>
			Beta-carotene
			Lutein + zeaxanthin
			41.0 mg
			1.23 mg
			67.0 mg
			146.0 mg
			186.0 mg
			1.0 mg
			1.31 mg
			0.67 mg
			1.44 mg
			2.1 mg
			5.0 mcg
			4.0 mcg
			Source: Canadian Nutrient File, Health Canada, 2007B

For more information about California walnuts, clinical study references, recipes and more, visit the English / French websites [www.walnutinfo.com](http://www.walnutinfo.com) / [www.infosnoix.com](http://www.infosnoix.com) or call 1-800-743-6282 or email: [walnutinfo@fayeclack.com](mailto:walnutinfo@fayeclack.com).