

# WHY CALIFORNIA WALNUTS



## THE OMEGA-3 CONNECTION

Did you know that walnuts are the only nut with a significant amount of omega-3 fatty acids? Alpha-linolenic acid (ALA) is the plant-based form of omega-3 fatty acid that the body cannot produce. Omega-3s should be derived from food sources. Walnuts are a natural source of ALA omega-3 that offer 2.6 grams of ALA per ounce. Numerous studies have concluded that omega-3s may help reduce the risk of heart disease, cancer, stroke, diabetes and high blood pressure. A handful of walnuts a day is a natural choice.

## NUTRITIONAL PROFILE OF WALNUTS

Nutrient	Per 30 g* edible portion**	% DV***
Energy	196.2 kcal	
Protein	4.57 g	
Fat:	19.56 g	30%
Monounsaturated	2.7 g	
Polyunsaturated	14.16 g	
Saturated	1.86 g	
Trans	0.0 mg	
Cholesterol	0.0 mg	
Linoleic	11.4 g	
Linolenic	2.6 g	
Carbohydrate	4.1 g	1%
Dietary Fibre	2.0 g	8%
Folic acid	29.4 mcg	15%
Iron	0.90 mg	6%
Magnesium	47.4 mg	20%
Niacin	1.42 NE	6%
Thiamine	0.10 mg	8%
Vitamin B6	0.16 mg	8%
Vitamin E	0.87 mg	8%
Zinc	0.90 mg	10%
Sodium	0.60 mg	0%
Potassium	132.6 mg	4%

\* The number of walnut halves can vary with size. Our measurements indicate that 30 g is about 10 large halves.

\*\* Source: Info Access [1988] Inc. Data based on information in Canadian Nutrient File 2005.

\*\*\*%DV is the percent of the Daily Value (also known as Recommended Daily Intake/RDI) required for new food labels in Canada – information was calculated using Tables 6.1, 6.2, 6.5 and 6.7 in the 2003 Guide to Food Labelling and Advertising, Canadian Food Inspection Agency



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# CALIFORNIA WALNUTS SIZES & COLOURS



Example #1 **Light**



Example #2 **Light**



Examples #3 **Light/Light Amber**



Example #4 **Light**



Example #5 **Light/Light Amber**



Example #6 **Light**



Example #7 **Light/Light Amber**



Example #8 **Light**



Example #9

## Walnut Colours

California walnuts may be colour sorted to meet specific product needs. The walnut spectrum chart (for comparison only) illustrates the wide range of colour classifications available.



**A Extra light:**  
No more than 15% shall be darker than extra light of which only 2% (included in the 15%) may be darker than light.



**B Light:**  
No more than 15% shall be darker than light of which only 2% (included in the 15%) may be darker than light amber.



**C Light Amber:**  
No more than 15% shall be darker than light amber of which only 2% (included in the 15%) may be darker than amber.



**D Amber:**  
No more than 10% shall be darker than amber.



Example #10 **Diced**



Example #11



Example #12 **Diced**



Example #13



Example #14



Example #15

## California shelled walnuts

are available in a variety of sizes and colours. Descriptions and size tolerances are based on the USDA Standards for Grades of Shelled Walnuts. These are highlighted in **green** text. Also included are some size categories commonly used in the industry and these are highlighted with **brown** text. Screen sizes are for reference only. Consult your California walnut supplier for exact specifications.

Source: USDA. United States Standards for Grades of Shelled Walnuts (*Juglans regia*). Agricultural Marketing Service. Effective September 1, 1968, reprinted January 1997. <http://www.ams.usda.gov/standards/walnuts.pdf> (Adobe Acrobat format).

## Walnut Halves

**Description:** 7/8 or more of the kernel is intact. 85% or more of lot, by weight, are half kernels with the remainder three-fourths half kernels.

**USDA Size Tolerances:** No more than 5% smaller than three-fourths halves of which no more than 1% may pass through 16/64 inch (6.35 mm) round screen hole. (See: Table 3)

*Refer to Example # 1*

## Walnut Pieces and Halves (Halves and Pieces)

**Description:** 20% or more of lot, by weight, are half kernels (7/8 or more of the kernel is intact).

**USDA Size Tolerances:** No more than 18% shall pass through 24/64 inch (9.53 mm) round hole of which no more than 3% may pass through 16/64 inch (6.35 mm) and of 3% no more than 1% may pass through 8/64 inch (3.18 mm) round screen hole. (See: Table 3)

*Refer to Examples #'s 2 & 3*

## Walnut Pieces

**Description:** Portions of kernels in lot cannot pass through 24/64 inch (9.53 mm) round openings.

**USDA Size Tolerances:** No more than 25% shall pass through 24/64 inch (9.53 mm) round hole of which no more than 5% may pass through 16/64 inch (6.35 mm) and of 5% no more than 1% may pass through 8/64 inch (3.18 mm) round hole included in the 5%. (See: Table 3)

*Refer to Examples #'s 4, 5, 6, & 7*

## Walnut Medium Pieces

Although not covered in USDA Standards, Medium Pieces are a common size classification used in the California walnut industry. No less than 98% may pass through a 32/64 inch (12.7 mm) screen. No more than 3% may pass through 16/64 inch (6.35 mm) screen. No more than 1% may pass through 8/64 (3.18 mm) screen.

*Refer to Example #'s 8 & 9*

## Walnut Small Pieces

**Description:** Portions of kernels in lot pass through 24/64 inch (9.53 mm) round openings but cannot pass through 8/64 inch (3.18 mm) round openings.

**USDA Size Tolerances:** 10% will not pass through 24/64 inch (9.53 mm) round hole and 2% pass through 8/64 inch (3.18 mm) round hole. (See: Table 3)

*Refer to Example #'s 11 & 12*

## Walnut Meal (double diced)

The smallest form of the California walnut comes in various consistencies ranging from a coarse meal to a fine powder. Use walnut meal to dust cakes, integrate into dough and batter, and for walnut compounds. Finely ground walnuts are incorporated into pastas, added to fillings and used as a thickening agent in sauces.

*Refer to Example # 15*

TABLE 3 (USDA STANDARDS)

SIZE CLASSIFICATION	TOLERANCE FOR SIZE				
	SMALLER THAN 3/4 HALVES	WILL NOT PASS THROUGH 24/64" ROUND HOLE	PASS THROUGH 24/64" ROUND HOLE	PASS THROUGH 16/64" ROUND HOLE	PASS THROUGH 8/64" ROUND HOLE
HALVES	5%	—	—	1% (included in 5%)	—
PIECES AND HALVES*	—	—	18%	3% (included in 18%)	1% (included in 3%)
PIECES	—	—	25%	5% (included in 25%)	1% (included in 5%)
SMALL PIECES**	—	10%	—	—	2%

\*No part of any tolerance shall be used to reduce the percentage of halves required or specified in a lot of "pieces and halves."  
\*\*The tolerance of 10% and 2% for "small pieces" classification shall apply, respectively, to any smaller maximum or any larger minimum sizes specified.  
Note: The industry standard of 6/64 is tighter than the USDA standard of 8/64.

## Topping Pieces (Typical industry screen sizes)

SQUARE HOLE	ROUND HOLE
1/4	20/64
6.35 mm	7.94 mm

*Refer to Example #'s 13 & 14*

## Syrupers (Typical industry screen sizes)

SQUARE HOLE	ROUND HOLE
3/8	28/64
9.53 mm	11.11 mm

*Refer to Example # 10*