

CHOOSE CALIFORNIA WALNUTS FOR PREMIUM QUALITY AND GREAT TASTE



WALNUTS ARE A SOURCE OF **OMEGA-3**
POLYUNSATURATED FATTY ACIDS.*

FOR FREE RECIPES, VISIT
WWW.WALNUTINFO.COM

* a 1 oz (30 g) serving of walnuts contains 2.7 g of omega-3 polyunsaturated fatty acids

