



Nuts

Are you nuts for nuts? If so, you probably have some favorites. Maybe pecans or walnuts? Peanuts or almonds? Fortunately, no matter your favorites, nuts are a nutritious choice!



Nutrition

- Nutritionally, 1/4 cup of just about any nut contains around 200 calories, 14-18g fat, 5-7g protein, and 2-4g fiber.
- Nuts are sources of vitamins and minerals including vitamin E, some B vitamins, magnesium, zinc, potassium, and iron.
- On their own, nuts are not a significant source of carbohydrates or sodium.



Eat

- Nuts are high in fat. If you eat nuts daily, limit to a single serving of 1/4 cup nuts or 2 tablespoons nut butter.
- Nuts work well in a variety of sweet and savory recipes or simply as a snack.



Storage

- Store nuts at room temperature for several weeks and months.
- Nuts can also be refrigerated or frozen for longer storage.
- Follow any storage recommendations on the package. For example, many "natural" peanut butters recommend refrigeration after opening.



Price

- Nuts are generally expensive for their volume. Buy what fits in your budget.



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Shopping

Raw nuts

- Check "best-by" or "use-by" dates to buy the freshest nuts available.

Flavored nuts (dry- or oil-roasted, candy-coated, or with sweet or savory seasonings)

- Choose nuts that are unsalted or say "lightly salted."
- Read labels to see how the flavorings change the nutrition, such as adding sodium, sugar, or fat.

Nut butters (natural, no stir, reduced-fat, nut powders)

- "Natural" nut butters are only blended nuts (and maybe salt).
- "No stir" nut butters have palm oil or other ingredients to prevent oil separation common in "natural" nut butters, along with added sugar and salt.
- Reduced-fat nut butters can have 25% less fat than the original product. Because nuts and nut butters have heart-healthy unsaturated fats, it can be worth buying full-fat nut butters and using a smaller portion instead.

Nut powders

- Add water to turn nut powders into spreadable nut butter. Most brands are defatted, making the nut powder low in fat.
- Use as nut butter and in recipes, such as smoothies, baked goods, and oatmeal. Some powdered are flavored, which may add sugar.



Preparation

- Unless the nuts are in the shell, simply open the package and eat.
- To cut nuts into smaller pieces, add nuts to a food processor or clean coffee grinder and pulse until you reach the desired size pieces. Or place in a sealed bag and lightly pound with the side of a meat mallet.
- If the nuts are in the shell, use a nutcracker carefully to remove the nut inside.
- **Preserve at Home**
 - Did you know you can pressure can green peanuts at home?
 - Visit the "National Center for Home Food Preservation" at nchfp.uga.edu for instructions.



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