

LIST NUTS

Numbers are grams per ounce (1 ounce = 28g)	Fats	Proteins	Carbohydrates
Macadamias	22	2	4
Pecans	20	3	4
Pine nuts	20	4	4
Brazil nuts	19	4	3
Walnuts	18	4	4
Hazelnuts	17	3	5
Cashews	13	4	9
Almonds	14	6	6
Pistachios	13	6	8

according www.mercola.com