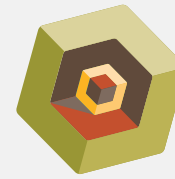


Nadanut® Nutritional Comparisons



inclusion™
technologies

NadaNut vs Other Nuts - Nutritional (serving = 1oz or 28 gms)

Nutritionals	uom	Almond	Brazil	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	NadaNut
Calories		163	186	157	178	204	196	159	185	180
Protein	g	6.0	4.1	5.2	4.2	2.2	2.6	5.8	4.3	3.9
Total Fat	g	14.0	18.8	12.4	17.2	21.5	20.4	12.9	18.5	16.5
Saturated Fat	g	1.1	4.3	2.2	1.3	3.4	1.8	1.6	1.7	2.2
Polyunsaturated	g	3.4	5.8	2.2	2.2	0.4	6.1	3.9	13.4	10.1
Monosaturated	g	8.8	7.0	6.7	12.9	16.7	11.6	6.8	2.5	3.3
Trans		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate	g	6.1	3.5	8.6	4.7	3.9	3.9	7.8	3.9	6.6
Dietary Fiber	g	3.5	2.1	0.9	2.7	2.4	2.7	2.9	1.9	1.6
Sodium	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35.0
Potassium	mg	200	187	187	193	104	116	291	125	7
Magnesium	mg	76	107	83	46	37	34	34	45	1
Zinc	mg	0.9	1.2	1.6	0.7	0.4	1.3	0.6	0.9	0.0
Copper	mg	0.3	0.5	0.6	0.5	0.2	0.3	0.4	0.5	0.0
Vit. B6	mg	0.0	0.0	0.1	0.2	0.1	0.1	0.1	0.2	0.0
Folate	mg	14	6	7	32	3	6	14	28	0
Riboflavin	mg	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Niacin	mg	1.0	0.1	0.3	0.5	0.7	0.3	0.4	0.3	0.0
Calcium	mg	75	45	10	32	24	20	30	28	4
Iron	mg	11.0	0.7	1.9	1.3	1.1	0.7	1.1	0.8	0.0

USDA 2010

