

1 OZ. NUT SERVING SIZE



Almonds (23 = 6 g Protein)



Walnuts (14 halves = 5 g Protein)



**Pistachios
(49 = 6 g Protein)**



Cashews (18 = 5 g Protein)



Pine Nuts (167 = 4 g Protein)



**Brazil Nuts (6-8 =
4 g Protein)**



**Macadamias
(10-12 = 3 g Protein)**



**Pecans (19 halves =
3 g Protein)**



**Hazelnuts
(20 = 4 g Protein)**