

Chart #7	High Nutrient Nuts - Popular Nuts										Low Nutrients		
	USA	*Salt :(			*Salt :(		USA		USA		:(	:(	
	Almond (Raw)	Almond (Salted)	Cashew (Raw)	Peanut (Raw)	Peanut (Salted)	Pistachio (Raw)	Macadamia (Raw)	Pine Nut (Raw)	Pecan (Raw)	Walnut (Raw)	Apple	Orange	
All Serving Sizes: Per 100g													
Vit A	1.4	1.4	0	0	0	680	0	29	56	20	38	225	IU
Vit B (Choline)	71.9	71.9	-	55.3	55.3	-	-	55.8	40.5	39.2	-	-	mg
Vit B1 (Thiamine)	0.1	0.1	0.4	0.4	0.4	1.1	1.2	0.4	3.7	0.3	0	0.1	mg
Vit B2 (Riboflavin)	1.2	1.2	0.1	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0	0	mg
Vit B3 (Niacin)	5.3	5.3	1.1	13.5	13.5	1.6	2.5	4.4	1.2	1.1	0.1	0.4	mg
Vit B5 (Panto. Acid)	0.1	0.1	0.1	1.4	1.4	0.6	0.8	0.1	0.9	1.1	0.1	0.3	mg
Vit B6	0.2	0.2	0.4	0.3	0.3	2.1	0.3	0.3	0.2	0.5	0	0.1	mg
Vit B9 (Folate)	45.5	45.5	25	145	145	62.7	11	34	22	98	0	17	mg
Vit C	0	0	0.5	0	0	6.2	1.2	0.8	1.1	1.3	4	45	mcg
Vit E	35.9	35.9	0.9	6.9	6.9	2.8	0.5	9.3	1.4	0.7	0.1	0.2	mg
Vit K	0	0	34.1	0	0	0.7	-	53.9	3.5	2.7	0.6	0	mg
Sodium	1.4	*468	12	6	*813	1.2	5	2	0	2	-	-	
Potassium	1029	1029	660	658	658	1261	368	595	410	441	90	169	mg
Phosphorus	675	675	593	358	358	603	188	575	277	346	11	12	mg
Magnesium	395	395	292	176	176	29	130	251	121	158	4	10	mg
Calcium	367	367	37	54	54	12	85	16	70	98	5	43	mg
Iron	6.2	6.2	6.7	2.3	2.3	1.6	3.7	5.5	2.5	2.9	0.1	0.1	mg
Selenium	3.9	3.9	3.9	19.9	19.9	8.6	3.6	0.7	5.7	4.9	-	0.5	mcg
Manganese	3.6	3.6	3.6	1.7	1.7	-	4.1	8.8	3.8	3.4	0	0	mg
Copper	1.6	1.6	2.2	0.7	0.7	1.5	0.8	1.3	1.2	1.6	0	0	mg
Zinc	4.9	4.9	5.8	3.3	3.3	0.1	1.3	6.4	4.5	3.1	0.1	0.1	mg
Fibre	16.3	16.3	16.3	8.0	8.0	12.7	8.6	3.7	9.6	6.7	1.3	2.4	g

** N.B. All values highlighted in RED represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Be careful when consuming "over-salted" processed foods! Can "an apple a day" really keep the doctor away?

Chart #6	High Nutrient Nuts and Seeds										Low Nutrients		
		*Salt :(			*Salt :(						:(	:(	
	Almond (Raw)	Almond (Salted)	Cashew (Raw)	Peanut (Raw)	Peanut (Salted)	Pistachio (Raw)	Flax Seed	Pumpkin Seed	Sesame Seed	Sunflower Seed	Apple	Orange	
All Serving Sizes: Per 100g													
Vit A	1.4	1.4	0	0	0	680	0	50	9	50	38	225	IU
Vit B (Choline)	71.9	71.9	-	55.3	55.3	-	78.7	-	25.6	55.1	-	-	mg
Vit B1 (Thiamine)	0.1	0.1	0.4	0.4	0.4	1.1	1.6	0.1	0.8	1.5	0	0.1	mg
Vit B2 (Riboflavin)	1.2	1.2	0.1	0.1	0.1	0.2	0.2	0.1	0.2	0.4	0	0	mg
Vit B3 (Niacin)	5.3	5.3	1.1	13.5	13.5	1.6	3.1	1.2	4.5	8.3	0.1	0.4	mg
Vit B5 (Panto. Acid)	0.1	0.1	0.1	1.4	1.4	0.6	0.5	0.7	0.1	1.1	0.1	0.3	mg
Vit B6	0.2	0.2	0.4	0.3	0.3	2.1	1.0	0.1	0.8	1.3	0	0.1	mg
Vit B9 (Folate)	45.5	45.5	25	145	145	62.7	87	15	97	227	0	17	mg
Vit C	0	0	0.5	0	0	6.2	0.6	1	0	1.4	4	45	mcg
Vit E	35.9	35.9	0.9	6.9	6.9	2.8	0.3	-	0.3	33.2	0.1	0.2	mg
Vit K	0	0	34.1	0	0	0.7	4.3	-	0	0	0.6	0	mg
Sodium	1.4	*468	12	6	*813	1.2	30	80	11	9	-	-	
Potassium	1029	1029	660	658	658	1261	813	350	468	645	90	169	mg
Phosphorus	675	675	593	358	358	603	642	180	629	660	11	12	mg
Magnesium	395	395	292	176	176	29	392	30	351	325	4	10	mg
Calcium	367	367	37	54	54	12	255	80	975	78	5	43	mg
Iron	6.2	6.2	6.7	2.3	2.3	1.6	5.7	1.2	14.5	5.2	0.1	0.1	mg
Selenium	3.9	3.9	3.9	19.9	19.9	8.6	25.4	12.6	5.7	53	-	0.5	mcg
Manganese	3.6	3.6	3.6	1.7	1.7	-	2.5	0.7	2.5	1.9	0	0	mg
Copper	1.6	1.6	2.2	0.7	0.7	1.5	1.2	0.3	4.1	1.8	0	0	mg
Zinc	4.9	4.9	5.8	3.3	3.3	0.1	4.3	1.5	7.8	5	0.1	0.1	mg
Fibre	16.3	16.3	16.3	8.0	8.0	12.7	27.3	0	11.8	8.6	1.3	2.4	g

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