



**NORTHWEST
HAZELNUT**
COMPANY

HEART HEALTHY & NUTRIENT DENSE

Crowned with NUTrition

Just 21 hazelnuts (1 oz. or 28 g) can boost your nutrient clout with health-conscious consumers

COMPARED TO OTHER TREE NUTS, HAZELNUTS RANK AMONG THE HIGHEST IN:



ANTI-AGING PROANTHOCYANIDINS

139 mg

Hazelnuts' powerful anti-aging phenolic compounds bolster the body's anti-aging, antioxidant and immune supports, and aid in reducing inflammation.



BRAIN-HEALTHY FOLATE

8% DV • 32 mcg

Hazelnuts are highest among tree nuts in folate, a key nutrient in brain health, cardiovascular health and gestational development during pregnancy.



VITAMIN E

28% DV • 4.2 mg

Dubbed "The Vitamin E Bomb" by LongevityLive.com. Vitamin E is a powerful, lipid-soluble antioxidant required for healthy circulation, eyes, skin, hair and bones.



HEART-HEALTHY MONOUNSATURATED FATS

12.9 g

The mono- and polyunsaturated fats, and omega-6 and omega-9 fatty acids, in hazelnuts help lower LDL and raise HDL cholesterol in the blood. Studies on people who consume hazelnuts regularly resulted in an FDA qualified heart-health claim for hazelnuts and hazelnut-containing products.

Sources: "12120, Nuts, Hazelnuts or Filberts" USDA National Nutrient Database for Standard Reference, 2018 (ndb.nal.usda.gov), draxe.com/hazelnuts (ncbi.nlm.nih.gov/pubmed/26808646), "Better for You Food and Drink Trends," Mintel.com, 2017.

Top Source of NUTrients

With 141 analyzed nutrients and more than 5% DV in 16 key nutrients, hazelnuts are a source of Protein, Fiber, B Vitamins (B1, B3, B6, B9), Biotin, Pantothenic Acid, Iron, Potassium, Phosphorus, Magnesium, Zinc, Copper, and Manganese.

Protein 4.2 g

Calories 178 kcal

Fat 17 g

Saturated 1.3 g

Monounsaturated 12.9 g

Polyunsaturated 2.3 g

Fiber 2.9 g

Carbohydrates 4.7 g

The Top 5 in Daily Value (DV):

• Copper 54% DV .5 mg

• Magnesium 11% DV 45.6 mg

• Manganese 76% DV 1.7 mg

• Thiamin 15% DV .2 mg

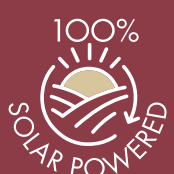
• Vitamin E 28% DV 4.2 mg

Hazelnuts are gluten-free and cholesterol-free!

NUTrition HIGHLIGHTS

1 oz. Hazelnuts (28 g)

Approximately 21 hazelnuts



Hubbard, Oregon | 503.982.8030 | hazelnuts.com