**Nuts And Seeds**

With calorie and macro information.

| **Nut/Seed** | **Serving Size** | **Calories** | **Fat** | **Carbs** | **Protein** |
| --- | --- | --- | --- | --- | --- |
| Almond | 1 oz(23 pieces) | 164 | 14 | 6 | 4 |
| Brazil nut | 1 oz(6 pieces) | 187 | 19 | 3 | 1 |
| Cashew | 1 oz(15 pieces) | 157 | 12 | 8 | 1 |
| Peanut | 1/4 cup | 170 | 15 | 6 |  |
| Walnut | 1 oz(14 halves) | 185 | 18 | 4 | 2 |
| Chia seed | 3 tbsp | 150 | 9 | 13 | 10 |
| Flax seed | 3 tbsp | 150 | 12 | 8 | 7 |
| Hemp seed | 3 tbsp | 166 | 14 | 3 | 3 |
| Pumpkin seed | 1/4 cup | 160 | 14 | 5 | 2 |
| Sunflower seed | 1/4 cup | 160 | 14 | 6 | 2 |