NUTS & SEEDS

Nuts and seeds are great sources of protein and unsaturated fat. They are rich in vitamins and minerals, such as calcium in almonds and sesame seeds, selenium in Brazil nuts and omega-3 fatty acids in linseeds.

**Almonds**
- 2g Carbs
- 184 Cals
- 6g Prot
- 17g Fat
- 1g SatFat
- 2g Fibre

**Brazil Nuts**
- 1g Carbs
- 205 Cals
- 4g Prot
- 20g Fat
- 5g SatFat
- 2g Fibre

**Cashew Nuts**
- 5g Carbs
- 172 Cals
- 5g Prot
- 14g Fat
- 3g SatFat
- 1g Fibre

**Peanuts (roasted)**
- 2g Carbs
- 181 Cals
- 7g Prot
- 16g Fat
- 3g SatFat
- 2g Fibre

**Walnuts**
- 1g Carbs
- 206 Cals
- 4g Prot
- 21g Fat
- 2g SatFat
- 1g Fibre

**Linseeds / Flaxseeds**
- 2g Carbs
- 55 Cals
- 2g Prot
- 4g Fat
- 0g SatFat
- 3g Fibre

**Pumpkin Seeds**
- 2g Carbs
- 57 Cals
- 2g Prot
- 5g Fat
- 1g SatFat
- 1g Fibre

**Sesame Seeds**
- 0g Carbs
- 60 Cals
- 2g Prot
- 6g Fat
- 0g SatFat
- 1g Fibre

**Sunflower Seeds**
- 6g Carbs
- 173 Cals
- 6g Prot
- 14g Fat
- 2g SatFat
- 2g Fibre