

# WHY CALIFORNIA WALNUTS



## THE OMEGA-3 CONNECTION

Did you know that walnuts are the only nut with a significant amount of omega-3 fatty acids? Alpha-linolenic acid (ALA) is the plant-based form of omega-3 fatty acid that the body cannot produce. Omega-3s should be derived from food sources. Walnuts are a natural source of ALA omega-3 that offer 2.6 grams of ALA per ounce. Numerous studies have concluded that omega-3s may help reduce the risk of heart disease, cancer, stroke, diabetes and high blood pressure. A handful of walnuts a day is a natural choice.

## NUTRITIONAL PROFILE OF WALNUTS

Nutrient	Per 30 g* edible portion**	% DV***
Energy	196.2 kcal	
Protein	4.57 g	
Fat:	19.56 g	30%
Monounsaturated	2.7 g	
Polyunsaturated	14.16 g	
Saturated	1.86 g	
Trans	0.0 mg	
Cholesterol	0.0 mg	
Linoleic	11.4 g	
Linolenic	2.6 g	
Carbohydrate	4.1 g	1%
Dietary Fibre	2.0 g	8%
Folacin	29.4 mcg	15%
Iron	0.90 mg	6%
Magnesium	47.4 mg	20%
Niacin	1.42 NE	6%
Thiamine	0.10 mg	8%
Vitamin B6	0.16 mg	8%
Vitamin E	0.87 mg	8%
Zinc	0.90 mg	10%
Sodium	0.60 mg	0%
Potassium	132.6 mg	4%

\* The number of walnut halves can vary with size. Our measurements indicate that 30 g is about 10 large halves.

\*\* Source: Info Access [1988] Inc. Data based on information in Canadian Nutrient File 2005.

\*\*\*%DV is the percent of the Daily Value (also known as Recommended Daily Intake/RDI) required for new food labels in Canada – information was calculated using Tables 6.1, 6.2, 6.5 and 6.7 in the 2003 Guide to Food Labelling and Advertising, Canadian Food Inspection Agency



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# WALNUT SIZES & COLOURS

# CALIFORNIA WALNUTS SIZES & COLOURS



Example #1 Light



Example #2 Light



Examples #3 Light/Light Amber



Example #4 Light



Example #5 Light/Light Amber



Example #6 Light



Example #7 Light/Light Amber



Example #8 Light



Example #9

## Walnut Colours

California walnuts may be colour sorted to meet specific product needs. The walnut spectrum chart (for comparison only) illustrates the wide range of colour classifications available.



### A Extra light:

No more than 15% shall be darker than extra light of which only 2% (included in the 15%) may be darker than light.



### B Light:

No more than 15% shall be darker than light of which only 2% (included in the 15%) may be darker than light amber.



### C Light Amber:

No more than 15% shall be darker than light amber of which only 2% (included in the 15%) may be darker than amber.



### D Amber:

No more than 10% shall be darker than amber.



Example #10 Diced



Example #11



Example #12 Diced



Example #13



Example #14



Example #15

## California shelled walnuts

are available in a variety of sizes and colours. Descriptions and size tolerances are based on the USDA Standards for Grades of Shelled Walnuts. These are highlighted in green text. Also included are some size categories commonly used in the industry and these are highlighted with brown text. Screen sizes are for reference only. Consult your California walnut supplier for exact specifications.

Source: USDA. United States Standards for Grades of Shelled Walnuts (Juglans regia). Agricultural Marketing Service. Effective September 1, 1968, reprinted January 1997. <http://www.ams.usda.gov/standards/walnuts.pdf> (Adobe Acrobat format).

## Walnut Halves

**Description:** 7/8 or more of the kernel is intact. 85% or more of lot, by weight, are half kernels with the remainder three-fourths half kernels.

**USDA Size Tolerances:** No more than 5% smaller than three-fourths halves of which no more than 1% may pass through 16/64 inch (6.35 mm) round screen hole. (See: Table 3)

*Refer to Example # 1*

## Walnut Pieces and Halves (Halves and Pieces)

**Description:** 20% or more of lot, by weight, are half kernels (7/8 or more of the kernel is intact).

**USDA Size Tolerances:** No more than 18% shall pass through 24/64 inch (9.53 mm) round hole of which no more than 3% may pass through 16/64 inch (6.35 mm) and of 3% no more than 1% may pass through 8/64 inch (3.18 mm) round screen hole. (See: Table 3)

*Refer to Examples #'s 2 & 3*

## Walnut Pieces

**Description:** Portions of kernels in lot cannot pass through 24/64 inch (9.53 mm) round openings.

**USDA Size Tolerances:** No more than 25% shall pass through 24/64 inch (9.53 mm) round hole of which no more than 5% may pass through 16/64 inch (6.35 mm) and of 5% no more than 1% may pass through 8/64 inch (3.18 mm) round hole included in the 5%. (See: Table 3)

*Refer to Examples #'s 4, 5, 6, & 7*

## Walnut Medium Pieces

Although not covered in USDA Standards, Medium Pieces are a common size classification used in the California walnut industry. No less than 98% may pass through a 32/64 inch (12.7 mm) screen. No more than 3% may pass through 16/64 inch (6.35 mm) screen. No more than 1% may pass through 8/64 (3.18 mm) screen.

*Refer to Example #'s 8 & 9*

## Walnut Small Pieces

**Description:** Portions of kernels in lot pass through 24/64 inch (9.53 mm) round openings but cannot pass through 8/64 inch (3.18 mm) round openings.

**USDA Size Tolerances:** 10% will not pass through 24/64 inch (9.53 mm) round hole and 2% pass through 8/64 inch (3.18 mm) round hole. (See: Table 3)

*Refer to Example #'s 11 & 12*

## Walnut Meal (double diced)

The smallest form of the California walnut comes in various consistencies ranging from a coarse meal to a fine powder. Use walnut meal to dust cakes, integrate into dough and batter, and for walnut compounds. Finely ground walnuts are incorporated into pastas, added to fillings and used as a thickening agent in sauces.

*Refer to Example # 15*

TABLE 3 (USDA STANDARDS)

SIZE CLASSIFICATION	TOLERANCE FOR SIZE				
	SMALLER THAN 3/4 HALVES	WILL NOT PASS THROUGH 24/64" ROUND HOLE	PASS THROUGH 24/64" ROUND HOLE	PASS THROUGH 16/64" ROUND HOLE	PASS THROUGH 8/64" ROUND HOLE
HALVES	5%	—	—	1% (included in 5%)	—
PIECES AND HALVES*	—	—	18%	3% (included in 18%)	1% (included in 3%)
PIECES	—	—	25%	5% (included in 25%)	1% (included in 5%)
SMALL PIECES**	—	10%	—	—	2%

\*No part of any tolerance shall be used to reduce the percentage of halves required or specified in a lot of "pieces and halves."

\*\*The tolerance of 10% and 2% for "small pieces" classification shall apply, respectively, to any smaller maximum or any larger minimum sizes specified.

Note: The industry standard of 6/64 is tighter than the USDA standard of 8/64.

## Topping Pieces (Typical industry screen sizes)

SQUARE HOLE	ROUND HOLE
1/4	20/64
6.35 mm	7.94 mm

*Refer to Example #'s 13 & 14*

## Syrupers (Typical industry screen sizes)

SQUARE HOLE	ROUND HOLE
3/8	28/64
9.53 mm	11.11 mm

*Refer to Example # 10*