

HIGH-FIBER SEEDS & NUTS

Nutritional Reference Per 1 Ounce (28g) Serving

VARIETY	FIBER (G)	TOTAL CALORIES	KEY BENEFIT
Chia Seeds	9.8g	138	Omega-3
Flax Seeds (Ground)	7.6g	152	Lignans
Pumpkin Seeds	5.2g	151	Magnesium
Almonds	3.5g	164	Vitamin E
Sunflower Seeds	3.0g	165	Selenium
Pistachios	2.9g	159	Antioxidants
Hazelnuts	2.7g	178	Folate
Pecans	2.7g	196	Zinc

Recommended Daily Intake: 25g - 38g of fiber.