

NUT & SEED IRON CONTENT

Milligrams (mg) per 100g serving

VARIETY	IRON CONTENT (MG)	% DAILY VALUE*
Sesame Seeds (Whole)	14.6 mg	81%
Pumpkin Seeds (Pepitas)	8.8 mg	49%
Hemp Seeds	8.0 mg	44%
Cashews (Raw)	6.7 mg	37%
Chia Seeds	6.5 mg	36%
Flax Seeds	5.7 mg	32%
Pine Nuts	5.5 mg	31%
Hazelnuts	4.7 mg	26%
Pistachios	3.9 mg	22%
Almonds	3.7 mg	21%

VARIETY	IRON CONTENT (MG)	% DAILY VALUE*
Walnuts	2.9 mg	16%

*Daily Value based on a 18mg reference. Values are approximate and may vary by brand/preparation.