



SNACK  BETTER™

SAHALE SNACKS

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nutrition in a nutshell

Nuts are an excellent source of protein, vitamins, minerals and fiber, as well as mono- and polyunsaturated fats; nutrition info is for a ¼-cup serving. These recommended products make good snacks, but be sure to try them in recipes, too.

ALMONDS	CASHEWS	PECANS	PISTACHIOS	WALNUTS
206 cal 18 g fat	197 cal 16 g fat	187 cal 19 g fat	183 cal 16 g fat	164 cal 16 g fat
Good source of vitamins, minerals and phytochemicals for strong bones and heart health. Try all 6 SunKist Almond Muschies.	Rich in potassium, the mineral that helps lower blood pressure and aids in muscle contractions. Look for cashews and more in Planters' NUT-rition line.	High in ellagic acid, an antioxidant that may guard against cancer. Sahale snacks have exotic flavorings from around the world.	Contain lutein, an antioxidant that can help prevent eye disease. Don't forget pistachios are crunchy-hot.	Source of omega-3 fatty acids; studies show eating walnuts several times a week cuts heart disease risk by 30% to 50%. You've got 7 options of Emerald walnuts.

Take Charge.

Feeling lukewarm about take out? Try Mashed Sweet Potatoes. One of five new seasonal flavors.

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