

BLACK WALNUTS

A NUTRITIONAL POWERHOUSE FROM AMERICA'S FORESTS



THE WILD WALNUT

RICH, BOLD FLAVOR
UNIQUE HEALTH PROFILE
HIGHEST PROTEIN TREE NUT



**BLACK WALNUTS WORK FOR
APPLICATIONS OF ANY SIZE, INCLUDING:**

NUT BUTTER AND OIL • PLANT-BASED PRODUCTS
NUTRITION BARS • TOPPINGS • BAKING MIXES
ICE CREAM • BAKED GOODS • CONFECTIONS

BLACK WALNUTS ARE A RICH SOURCE OF PHYTOSTEROLS, ESPECIALLY BETA-SITOSTEROL, WHICH HAVE BEEN SHOWN TO HELP PREVENT OBESITY, DIABETES, AND CARDIOVASCULAR DISEASE WHILE PROMOTING LOWER CHOLESTEROL, LOWER INFLAMMATION AND ANTICANCER ACTIVITY.¹

16 PHENOLICS
HAVE BEEN IDENTIFIED IN BLACK WALNUTS, INCLUDING PHENOLIC ACIDS, FLAVONOIDS AND CATECHINS, WITH ELLAGIC ACID PREDOMINATING.²

“BLACK WALNUTS CONTAIN THREE MAIN COMPONENTS THAT MAKE THEM BENEFICIAL WHEN CONSUMED—ANTIOXIDANTS, POLYUNSATURATED FATS, AND PHENOLIC COMPOUNDS.”

—RACHEL NALL, MSN, CRNA,
MEDICAL NEWS TODAY, MARCH 2019

| PLANT-BASED PROTEIN INGREDIENTS* | PROTEIN | FIBER | CARBOHYDRATES | MAGNESIUM | POTASSIUM | VITAMIN E |
|----------------------------------|---------------|--------------|---------------|--------------|--------------|---------------|
| BLACK WALNUTS | 24.06g | 6.80g | 9.58g | 201mg | 523mg | 2.08mg |
| OTHER TREE NUTS | | | | | | |
| ENGLISH WALNUTS | 15.23g | 6.70g | 13.71g | 158mg | 441mg | 0.70mg |
| PECANS | 9.17g | 9.60g | 13.86g | 121mg | 410mg | 1.40mg |
| CASHEWS | 18.22g | 3.30g | 30.19g | 292mg | 660mg | 0.90mg |
| OTHER PLANT-BASED PROTEINS | | | | | | |
| CHICKPEA FLOUR | 22.39g | 10.80g | 57.82g | 166mg | 846mg | 0.83mg |
| SOY FLOUR, FULL-FAT | 37.81g | 9.60g | 31.92g | 429mg | 2,515mg | 1.95mg |
| PEA FLOUR | 33.33g | 26.70g | 60.00g | -- | -- | -- |

* VALUE PER 100 GRAMS

SOURCE: U.S. DEPARTMENT OF AGRICULTURE, AGRICULTURAL RESEARCH SERVICE, NUTRIENT DATA LABORATORY. USDA NATIONAL NUTRIENT DATABASE FOR STANDARD REFERENCE LEGACY RELEASE, APRIL 2018

¹ VU, DANH C., ZHENTIAN LEI, LLOYD W. SUMNER, MARK V. COGGESHALL, CHUNG-HO LIN. IDENTIFICATION AND QUANTIFICATION OF PHYTOSTEROLS IN BLACK WALNUT KERNELS. JOURNAL OF FOOD COMPOSITION AND ANALYSIS 75 (2019): 61-69.

² VU, DANH C., PHUC H. VO, MARK V. COGGESHALL, CHUNG-HO LIN. IDENTIFICATION AND CHARACTERIZATION OF PHENOLIC COMPOUNDS IN BLACK WALNUT KERNELS. JOURNAL OF AGRICULTURAL AND FOOD CHEMISTRY 66 (2018): 4503-4511.

67%

CONSUMERS WHO CONSIDER FOODS
LABELED “WILD” CLOSER TO NATURE

—WILD BLUEBERRIES OF NORTH AMERICA RESEARCH REPORT, 2018

60%

U.S. CONSUMERS WHO WANT TO GET
MORE PROTEIN IN THEIR DIETS

—THE NPD GROUP/NATIONAL EATING TRENDS®, 2018

39%

AMERICANS WHO ARE ACTIVELY TRYING
TO EAT MORE PLANT-BASED FOODS

—NIELSEN, 2017



**BLACK WALNUTS' LOW CARB CONTENT MAKES THEM
IDEAL FOR CONSUMERS ON KETO DIETS, WHICH
TOPPED THE LIST OF GOOGLE DIET SEARCHES IN 2018.**

**“...BLACK WALNUTS ARE A POPULAR SUPERFOOD,
AND MODERN RESEARCH IS ONLY JUST SCRATCHING
THE SURFACE WHEN IT COMES TO UNCOVERING THE
POWERFUL NUTRITIONAL COMPONENTS THESE
UNIQUE NUTS CONTAIN ...”**

— KRYSTAL CRAWFORD, ND, MS, DRAXE.COM

**THE BLACK WALNUT'S EARTHY FLAVOR IS “ESPECIALLY COMPATIBLE
WITH CHOCOLATE, VANILLA, CHERRIES, PUMPKIN, [AND] MAPLE.”**

**—NANCY STOHS, FOOD EDITOR, MILWAUKEE JOURNAL SENTINEL,
MARCH 22, 2019**

WITH THEIR UNIQUE FLAVOR PROFILE AND EXCEPTIONAL NUTRITIONAL BENEFITS, **BLACK WALNUTS** SERVE AS A GLUTEN-FREE, NON-GMO AND NATURALLY SUSTAINABLE INGREDIENT FOR A WIDE RANGE OF FOOD PRODUCTS. NEARLY ALL BLACK WALNUTS COME FROM WILD TREES, TRADITIONALLY HAND-HARVESTED BY LOCAL RESIDENTS EVERY FALL IN THE MIDWEST AND EAST-CENTRAL UNITED STATES. THE WORLD'S PREMIER SUPPLIER OF BLACK WALNUTS IS HAMMONS PRODUCTS COMPANY IN STOCKTON, MO., OWNED BY THE HAMMONS FAMILY SINCE ITS FOUNDING IN 1946.



AVAILABLE IN BOTH RETAIL PACKAGE AND BULK,
WITH YEAR-ROUND DISTRIBUTION.
CONTACT **HAMMONS PRODUCTS COMPANY**
FOR MORE INFORMATION:

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