

Each of these serving sizes contains:  
1 oz or 7g of protein and 6 g of carbohydrates.

## Nuts & Seeds

Unsalted, raw or dry roasted



Almond  
23 nuts

Almond  
Butter  
4 Tbsp

Almond Paste  
1/2 oz



Amaranth  
Seeds  
1/3 oz



Brazil Nuts  
6-8 nuts



Cashew  
16-18 nuts

Cashew  
Butter  
1 1/2 Tbsp



Chestnuts  
1/2 oz

Coconut  
Liquid  
3/4 cup



Coconut Meat  
1/2 cup

Coconut Milk  
1/2 cup



Hazelnuts or  
Filberts  
18-20 nuts



Macadamia  
Nuts 10-12 nuts



Peanuts 28 nuts

Peanut  
Butter 2 Tbsp



Pecans  
18-20  
halves



Pine Nuts  
150 nuts  
(~<3/4C)



Pistachio  
Nuts 45-47 nuts



Pumpkin  
Seeds  
142 seeds  
(~3/4C)



Sesame  
Seeds 3 Tbsp

Sesame  
Butter  
(tahini) 1 1/2Tbsp



Sunflower  
Seeds 1/2 Tbsp

Sunflower  
Seed  
Butter 1 1/2 Tbsp



Walnuts 8-11 nuts