



*Almonds*  
20-24

*What is an ounce of tree nuts?*

The answer varies depending on the type and size of each nut.



*Cashews*  
16-18

Here are examples of one-ounce portions of each tree nut, along with the average number of nuts per serving.



*Macadamias*  
10-12



*Brazil Nuts*  
6-8

*Nutrition in Every Handful*



*Hazelnuts*  
18-20



*Pecans*  
18-20 HALVES



*Pine Nuts*  
150-157



*Pistachios*  
45-47



*Walnuts*  
8-11 HALVES