

# In a Nutshell

**Best Bites** (✓✓) have no added salt or sugar. **Honorable Mentions** (✓) can have up to 80 milligrams of sodium and 3 grams (about ½ tsp.) of added sugars per serving. Both are free of mix-ins like cookie pieces and pretzels. We disqualified cashews, macadamias, and Brazil nuts, but not mixed nuts that contain just some of those. Nuts and seeds are ranked from least to most sodium, then most to least protein, then least to most calories. Sweet nuts, seeds, mixes, and clusters are first ranked from least to most added sugars.

	Calories	Sodium (mg)	Protein (g)	
<b>Almonds</b> (1 oz., about 23 nuts)				
✓✓ Unsalted, any brand	160	0	6	
✓ Blue Diamond Lightly Salted	170	40	6	
✓ Good & Gather (Target) Lightly Salted Roasted	170	40	6	
✓ Trader Joe's 50% Less Salt	180	60	6	
Blue Diamond Roasted Salted	170	85	6	
Blue Diamond Crafted Gourmet <sup>1</sup>	170	140	6	
Blue Diamond Smokehouse	170	150	6	
<b>Peanuts</b> (1 oz., about 40 nuts)				
✓✓ Unsalted, any brand	160	5	7	
✓ Planters Lightly Salted Cocktail	170	50	7	
✓ Trader Joe's 50% Less Salt	180	60	8	
✓ Good & Gather (Target) Lightly Salted Dry Roasted	160	75	7	
✓ Planters Lightly Salted Dry Roasted	170	75	7	
Planters Classic	170	100	7	
Planters Dry Roasted	160	150	7	
<b>Miscellaneous Nuts</b> (nuts in 1 oz., about ¼ cup)				
✓✓ Pistachios, unsalted, any brand (49)	160	0	6	
Cashews, unsalted, any brand (18)	160	0	5	
✓✓ Hazelnuts (filberts), unsalted, any brand (21)	180	0	4	
Brazil nuts, unsalted, any brand (6)	190	0	4	
✓✓ Walnuts, unsalted, any brand (14 halves)	190	0	4	
✓✓ Pecans, unsalted, any brand (19 halves)	200	0	3	
Macadamias, unsalted, any brand (10–12)	200	0	2	
✓ Planters Roasted Pecans	200	45	3	
Planters Deluxe Lightly Salted Whole Cashews	160	50	5	
✓ Wonderful Pistachios Lightly Salted	150	65	6	
<b>Mixed Nuts</b> (1 oz., about ¼ cup)				
✓✓ Planters Unsalted	170	0	6	
✓✓ Good & Gather (Target) Raw	160	0	5	
✓✓ 365 (Whole Foods) Roasted & Unsalted Deluxe	170	0	5	
✓✓ Good & Gather (Target) Unsalted Roasted	170	0	5	
✓✓ Planters NUT-rition Raw	170	0	5	
✓ Planters NUT-rition Heart Healthy Mix	170	40	6	
✓ Good & Gather (Target) Lightly Salted Roasted	170	40	5	
✓ Planters Deluxe Lightly Salted	170	40	5	
✓ Planters NUT-rition Essential Nutrients Mix	170	40	5	
✓ 365 (Whole Foods) Roasted & Lightly Salted	170	45	6	
✓ Planters Lightly Salted	170	45	6	
✓ 365 (Whole Foods) Roasted & Lightly Salted Deluxe	170	45	5	
✓ Planters Select Cashews, Almonds & Pecans	170	45	5	
✓ Planters NUT-rition Men's Health Recommended Mix	160	50	7	
✓ Planters Deluxe	170	80	5	
Good & Gather (Target) Sea Salt Roasted	170	110	5	
<b>Seeds</b> (1 oz. shelled or hulled, 3–4 Tbs.)				
✓✓ Hemp or pumpkin seeds, unsalted, any brand	160	0	9	
✓✓ Sunflower seeds, unsalted, any brand	170	0	6	
✓✓ Chia seeds, unsalted, any brand	140	0	5	
✓✓ Sesame seeds, unsalted, any brand	160	0	5	
✓ Trader Joe's Roasted & Salted Pumpkin Seeds	170	70	9	
365 (Whole Foods) Organic Roasted & Salted Sunflower Kernels	160	110	6	
David Sea Salt Pumpkin Pepitas	180	160	11	
David Sunflower Kernels	190	220	5	
David Jumbo Reduced Sodium Sunflower Seeds	190	2,070 <sup>†</sup>	8	
David Jumbo Original Sunflower Seeds	190	2,820 <sup>†</sup>	8	
David Jumbo Buffalo Style Ranch Sunflower Seeds	190	3,280 <sup>†</sup>	7	
<b>Sweet Nuts &amp; Seeds</b> (1 oz., about ¼ cup, unless noted)				
✓ Blue Diamond Oven Roasted Dark Chocolate	160	35	5	0.5*
✓ Blue Diamond Toasted Coconut Almonds	160	35	5	0.5*
✓ Emerald Cocoa Roast Almonds (3 Tbs.)	150	45	5	0.5
Wonderful Honey Roasted Pistachios	180	90	5	0.5
365 (Whole Foods) Honey Roasted Peanuts	190	120	7	0.5
Blue Diamond Oven Roasted Blueberry	160	25	5	1*
Planters Cocoa Peanuts	160	70	6	1
Planters Salted Caramel Peanuts	160	95	6	1
Planters Honey Roasted Peanuts	160	105	6	1
Planters Honey Roasted Mixed Nuts	160	115	5	1
Emerald Honey Glazed Almonds (3 Tbs.)	150	160	4	2
Emerald Glazed Walnuts (3 Tbs.)	150	135	2	2.5
<b>Mixes &amp; Clusters</b> (1 oz., ¼–⅓ cup, unless noted)				
David Energy Packed Mix Sea Salt	170	230	7	0
Sahale Bean + Nut Snack Mix <sup>1</sup>	160	270	6	0
✓ Emerald 100 Calorie Natural Walnuts & Almonds with Dried Cherries (1 pouch, 0.7 oz.)	100	0	2	0.5
✓ Emerald 100 Calorie Cashews & Almonds with Dried Pineapple (1 pouch, 0.7 oz.)	100	20	3	0.5
✓ Emerald 100 Calorie Cashews & Almonds with Dried Cranberries (1 pouch, 0.7 oz.)	100	25	3	0.5
✓ KIND Clusters Nuts & Seeds Almond Cashew Sunflower	140	50	5	0.5
KIND Clusters Nuts & Seeds Almond Pumpkin Chia	150	50	6	1
KIND Nut Clusters Peanut Butter Dark Chocolate	150	65	5	1
Sahale Honey Almonds Glazed Mix	170	160	5	1
KIND Clusters Nuts & Fruit Almond Cranberry & Cacao	130	50	4	2
Nature Valley Snack Mix (1 pouch, 1.2 oz.) <sup>1</sup>	160	140	3	2
Planters Breakfast Blends Cinnamon Roll	140	50	3	3

✓✓ Best Bite. ✓ Honorable Mention. <sup>1</sup> Average of the entire line.

<sup>†</sup> Includes salt on the shells. \* Estimate.

**Daily Protein Target:** 85 grams. **Daily Values** (for a 2,000-calorie diet): **Sodium:** 2,300 milligrams. **Added Sugars:** 50 grams (12 tsp.). To convert tsp. of added sugars to grams, multiply by 4.2.

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