

## Comparison of nutrition in nuts vs common binge snack foods

by Paul Bergner

<b>Nutrient</b>	<b>Units</b>	<b>1 row fig bars (12 cookies)</b>	<b>4 ounces potato chips</b>	<b>4 ounces almonds</b>
Energy	kcal	672	615	655
Protein	g	7	7.5	24
Total lipid (fat)	g	14	41	56
Carbohydrate	g	136	57	24
Fiber	g	8	5	13
Sugars	g	89	1	4
<b>Minerals</b>				
Calcium	mg	120	27	300
Iron	mg	5.5	1.8	4.2
Magnesium	mg	48	80	305
Potassium, K	mg	396	1863	803
Sodium, Na	mg	672	596	1.1
Zinc, Zn	mg	0.7	1.3	3.5
Copper, Cu	mg	0.3	0.45	1.1
Manganese, Mn	mg	0.7	0.75	2.6
<b>Vitamins</b>				
Folate, food	mcg	96	21	57
Vitamin E (alpha-tocopherol)	mg	1.2	5	30 (50 IU)

Same

Level critical for  
satiation

5 x RDA for N-6  
EFA

Carb less  
fiber = 11 g

> one-half  
the rda

essentially  
sugarless

significant  
portion of RDA  
significant  
portion of RDA  
significant  
portion of RDA  
significant  
portion of RDA  
less is better

significant  
portion of RDA  
significant  
portion of RDA

exceeds the RDA