



Versatile, Tasty and Healthy:

# Walnuts are Perfect for the Food Industry

With their unique nutritional profile and the multi-faceted taste walnuts are ideally suited for industrial processing. Their health benefits have been scientifically proven and are allowed to be declared with the authorization of the European Union (EU).

Walnuts from California have an excellent quality. They are available in different sizes and colors to completely satisfy customer demands. A well-established distribution system ensures that these products are quickly available all year round. You will find detailed information and a handlers list at [www.californiawalnuts.eu](http://www.californiawalnuts.eu).

## SNACKS:

With a coating of cinnamon, cocoa and cayenne pepper or Mediterranean herbs, walnuts are turned into tasty snacks.

## SWEETS:

Chocolate and walnuts are an unrivalled relish.



## DAIRY PRODUCTS:

Walnuts not only enhance the flavor of sweet yogurts and curd dishes, but also savory cheeses.

## BAKED PRODUCTS:

Walnuts make cakes juicier and pastries, crackers and cookies even tastier.



## SALADS:

In Waldorf, parsley or pasta salad, walnuts add a crunch to innumerable salad creations.

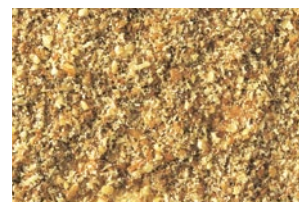


## SAUCES + FILLINGS:

From a tomato steak sauce to ravioli filling, everything is possible.

## MEAT + FISH:

Classic dishes like liver pâté with walnuts or Asian delicacies such as honey-walnut shrimps, complement the product range.



# Harmonious Taste with Walnuts

Walnuts taste rather mild, with a certain spiciness and a slight bitter touch, due to tannic acid and catechin.

- The bitter taste tames the sweetness of bananas, caramel or maple syrup.
- Thanks to the astringent effect of the tannins, with walnuts fatty food tastes less rich.
- The buttery texture of walnuts tastes pleasantly light in combination with bitter vegetables, citrus or sour fruits.
- If the pure, mild walnut taste is required, the tannins can be extracted by blanching the kernels.



## Health Claims for Walnuts



California walnuts contribute to keeping the cardiovascular system healthy.

### HEART HEALTH:

In 2012 the EU authorized the health related statement that a daily consumption of 30 g of walnuts improves the elasticity of blood vessels.

### CHOLESTEROL:

The EU confirms that eating walnuts contributes to maintaining a normal cholesterol level in the blood. This effect is due to the high amount of polyunsaturated fatty acids (14.2 g / 30 g)\* and alpha-linolenic acid (2.7 g / 30 g)\*.

\*Source: USDA National Nutrient Database for Standard Reference, Release 25. 2012



California Walnut Commission

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