




MARIE'S GUIDE TO NUTS AND NIBBLES



There is so much in the media on the benefit of nuts etc. and the following calorie guide will help you choose the winners from the sinners.

| Per 1 oz (28g) | Calories |
|--|----------|
| Brazil Nuts (each 25 cal) | 198 |
| Chestnuts | 47 |
| Chestnuts, with shells | 39 |
| Hazelnuts, shelled | 182 |
| Macadamia nuts | 209 |
| Mixed nuts, chopped | 169 |
| Nuts & Raisins (not chocolate covered!!!) | 142 |
| Pecan Nuts | 92 |
| Peanuts, fresh or salted | 157 |
| Peanuts, honey roasted | 189 |
| Peanuts, roasted | 164 |
| Peanuts/Almonds/Cashew | 179 |
| Pistachios | 180 |
| Pumpkin, Sesame & Sunflower seeds (use sparingly) | 172 |
| Walnuts | 192 |
|  Watch the following Naughty Nibbles | |
| 28g/1oz Bombay Mix | 125 |
| 28g/1oz Sunflower Seeds/Sesame Seeds | 170/168 |
| 28g/1oz Raisins/Sultanas | 81 |
| 28g/1oz Pomegranate seeds | 25 |
| 28g/1oz Ocean Spray Dried Cranberries | 100 |
| 100g/3½oz bag of Banana chips | 520 |
| 100g/3½oz pineapple Papaya Delight | 375 |
| 28g/1oz Coconut Fresh/Dessicated | 100/179 |
| Dried Apricot (each) | 15 |
| Only one Chocolate Brazil | 65 |
| 100g/3 ½ oz Chocolate covered Peanuts | 564 |
| One 49g/2oz bar of Cadbury's whole nut Chocolate | 265 |