



There is a lot in the media on the benefit of nuts etc. but they are quite high in calories. The following guide will, I know, surprise many of you.

Per 1 oz (28g)	Calories
Peanuts/Almonds/Cashew	179
Pistachios	180
Brazil Nuts (each 25 cal)	198
Nuts & Raisins (not chocolate covered!!!)	142
Pumpkin, Sesame & Sunflower seeds (use sparingly)	172
Hazelnuts, shelled	182
Peanuts, fresh salted	157
Peanuts, honey roasted	189
Peanuts, roasted	164
Mixed nuts, chopped	169
Chestnuts	47
Chestnuts, with shells	39
Walnuts	192
Macadamia nuts	209
Pecan Nuts	92
☹ Watch the following Naughty Nibbles	
28g/1oz Bombay Mix	125
28g/1oz Sunflower Seeds/Sesame Seeds	170/168
28g/1oz Raisins/Sultanas	81
100g/3½oz bag of Banana chips	520
28g/1oz Coconut Fresh/Desiccated	100/179
Only one Chocolate Brazil	65
100g/3 ½ oz Chocolate covered Peanuts	564
One 49g/2oz bar of Cadbury's whole nut Chocolate	265
😊 Enjoy the following	
28g/1oz Pomegranate seeds	25
Dried Apricot (each)	15
Skinny Popcorn (sweet & salty) per pack	98
Whitworth Shots (approx)	95

Marie's Tip: Make your own popcorn with 20g of popping corn, 1 tsp oil and a sprinkling of either sea salt, sugar or chilli!

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