

## Percentage of Calories in Nuts and Seeds

<b>Nut / Seed / Bean / Legume</b>	<b>Fat %</b>	<b>Protein %</b>	<b>Carb %</b>
Almonds	78	11	11
Cashews	73	11	16
Coconut (seed)	86	4	10
Pumpkin seed	76	18	4
Sesame seed	76	12	12
Peanuts (legume)	76	16	8
Soy (legume)	47	38	15
Garbanzo bean	11	22	67
Kidney bean	1	26	73
Lima bean	1	24	75
Split pea	1	26	73

Most people think that nuts and seeds are a good source of protein. They are not! If you don't mind the fat content, and the low protein value, they are a good snack between meals, provided weight is not an issue for you.

Nuts are also loaded with minerals – calcium, magnesium, selenium, zinc – and they have lots of fibre!

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