

# NUTS AND SEEDS



- |                   |                       |                        |
|-------------------|-----------------------|------------------------|
| 1. Walnuts        | 6. Pumpkin seeds      | 11. Pine nuts          |
| 2. Pecans         | 7. Hazelnuts/filberts | 12. Poppy seeds        |
| 3. Cashews        | 8. Pistachios         | 13. White sesame seeds |
| 4. Almonds        | 9. Peanuts            | 14. Black sesame seeds |
| 5. Macadamia nuts | 10. Sunflower seeds   |                        |



**THE RIGHT INGREDIENTS FOR YOUR CAREER:  
BACHELOR'S AND ASSOCIATE DEGREE PROGRAMS**

The Culinary Institute of America | Hyde Park, NY | 1-800-CULINARY (285-4627) | [www.ciachef.edu](http://www.ciachef.edu)