



FOOD ID FROM CIA

NUTS AND SEEDS



1. Walnuts
2. Pecans
3. Cashews
4. Almonds
5. Macadamia nuts

6. Pumpkin seeds
7. Hazelnuts/filberts
8. Pistachios
9. Peanuts
10. Sunflower seeds

11. Pine nuts
12. Poppy seeds
13. White sesame seeds
14. Black sesame seeds

Bachelor's and Associate Degree Programs for the Food and Hospitality Industry

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