

Technical Data Sheet for Brazil Nuts

The **Brazil nut** (*Bertholletia excelsa*) is an oilseed native to the Amazon, recognized worldwide for its high content of healthy fats, proteins and, especially, for being the richest natural source of **Selenium**.

I. Botanical and Physical Characteristics

Feature	Detail
Scientific Name	<i>Bertholletia excelsa</i>
Origin	Native to the Amazon Forest (Amazon), distributed in countries such as Brazil, Bolivia, Peru, Colombia and Venezuela.
Chestnut Tree	A large tree, it can reach up to 50 meters in height and live for hundreds of years.
Fruit	Spherical and woody (similar to a coconut), with a diameter of 11 to 14 cm and a weight between 700 g and 1.5 kg.
Seed (Nut)	The edible part. Each fruit contains 8 to 24 seeds (nuts) arranged in segments, protected by a rigid, triangular-shaped shell.

II. Nutritional Composition

Brazil nuts are a food with high caloric and nutritional value, often referred to as "vegetable meat." Approximate values per **100g edible portion (raw)**:

Nutritious	Quantity (approx.)
Energy Value	643 - 659 \ kcal
Proteins	14,5 - 15,1 \ g
Carbohydrates	12 - 15,1 \ g
Dietary Fibers	\ 7,9 \ g
Total Fats	63,5 \ g

<i>Saturated Fats</i>	16% of total fats
<i>Monounsaturated fats</i>	24% of total fats
<i>Polyunsaturated Fats</i>	24% of total fats

III. Highlights in Minerals and Vitamins

- **Selenium:**It is the natural source-rich in **selenium**, a powerful antioxidant essential for immune function and brain health.
Dose:2 to 3 units per day are sufficient to cover daily needs and avoid exceeding safe limits.
- **Magnesium:**Excellent source (221.2 mg per 100 g).
- **Match:**High content (610 mg per 100 g).
- **Vitamins:**It contains B complex vitamins (mainly thiamine - \B_1) and vitamin \E.

IV. Uses and Applications

1. **Feeding:**Direct consumption assnackUse in salads, granolas, cakes, breads and sweets.
2. **Industry:**Production of oil(culinary, cosmetic and pharmaceutical uses), flours and other by-products.

V. Storage and Preservation

- **Storage:**It should be stored in a clean, dry, ventilated place and protected **from light** for preventing **oxidation** of fats, which causes rancidity.
- **Validity:**Shelled walnuts typically have a shelf life of around 12 months if stored properly.