

# Reasons to Choose U.S.-Grown Sunflower Kernels

U.S.-grown sunflower kernels are not only known for their versatility, premium quality and impressive health profile but they are also a cost-effective alternative to traditional nuts. With their low moisture content and adherence to stringent food safety standards, U.S.-grown sunflower kernels are the ideal choice for bakery manufacturers looking to create delicious and wholesome products.

- ✓ Available raw, roasted and ready-to-eat
- ✓ An excellent alternative to nuts
- ✓ Mild in flavour and add a pleasant crunch to food
- ✓ A good source of fibre, vitamin E, zinc and folate
- ✓ Ideal for a variety of foods including: bakery products, granola, snack bars, salad toppings and plant-based foods
- ✓ Sunflower kernels are rich in healthy fats, protein, fibre, minerals, vitamin E and phytochemicals.



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