

Finding an Alternative to Chinese Sourced Pine Nuts

Good Sense Foods Partners with World Class Italian Pine Nut Producer



Good Sense® Snacks and Salad Pizazz!®, has partnered with a world-class Italian pine nut producer for its Mediterranean-grown organic pine nuts. Although China is currently the biggest exporter of pine nuts to the US, Good Sense Foods has worked hard to source and secure an exceptional alternative to offer its retailers and consumers. “We are proud to have found a committed and established European partner to bring us high-quality pine nuts to share with our customers,” says Patrick Knight, CEO of Good Sense Foods.

There are four different pine nut varieties generally seen in the market today. They include Italian (*pinus pinea*); Chinese (*pinus koraiensis* and *pinus sibirica*), and Pakistani (*pinus gerardiana*). The nutritional values, characteristics, plant growth, yield, and processing are distinctly different among the four varieties. The Italian pine nut is a bigger-sized nut with a rich, buttery taste, and it is whiter in color due to a stringent washing process to guarantee quality.

“Not all pine nuts are the same, and we want consumers to know the differences,” continues Patrick Knight, CEO of Good Sense Foods. “Italian pine nuts are distinctly better than pine nuts from other parts of the world based on size, taste, texture, and nutrition levels.”

Good Sense Foods uses the flavorful, aromatic pine nuts grown in the Italian regions of Tuscany, Lazio, and Campania. This area is known for its warm, dry climate, which is ideal for growing produce and nuts. Italian pine cones take three years to grow on the tree, and they are harvested between October and April. The origins of these pine nuts are so ancient that it is possible to find references in mythology.

“In addition to providing customers with delicious and healthy snack food options, we want to be fully transparent about where our products come from,” says Pooja Lakhanpal, head of new product development at Good Sense Foods. “Our Italian pine nuts have 10 grams of plant-based protein per serving, and they’re sodium-free, Non-GMO Project Verified, and USDA Organic Certified.”

Italian pine nuts are packed with nutrients and have high levels of vitamin E, calcium, iron, and magnesium. They are rich in plant sterols, which contribute to the regulation of cholesterol levels, and they are an excellent source of Omega 3 and Omega 6, which have many health benefits, including memory improvement. Pine nuts can also help manage weight by regulating and reducing appetites due to the presence of pinolenic acid. In addition to having more protein and fiber, Italian pine nuts contain fewer carbohydrates per serving than most other pine nut varieties.

About Good Sense Foods

Based in New Hope, Minnesota, Waymouth Farms, Inc. d/b/a Good Sense Foods is a second-generation family-owned business founded in 1976. From sourcing raw materials to roasting and seasoning the snacks, Good Sense Foods manufactures in-house to promote excellent quality control. They produce healthy snack foods, including nuts, seeds, trail mixes, dried fruit, and salad toppings, and each product is stamped with a Good Sense® Quality Guarantee to ensure its customers are receiving the highest quality snack foods available. Good Sense Foods’ snacks can be purchased online or at retail stores located throughout the United States, including Target, Walmart, Kroger, Albertsons, Menards, Safeway, Publix, and Meijer, among many others. For more information, go to <https://www.goodsensefoods.com>.

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