

FUN FACTS ABOUT SUNFLOWERS



- **160** calories are in **1** ounce of raw sunflower kernels.
- Sunflower oil is valued for its light taste, frying performance and health benefits.

- The plant has numerous uses:

- consumption of the seeds
- a dye of yellow color extracted from its petals
- oil that is extracted from the seeds is used for cooking, margarine and biodiesel
- the stems produce an extraordinarily light fiber



- **90** % of the fat in sunflower seeds is the healthiest type for the heart—“good” unsaturated fat.
- Sunflower seeds are the richest whole food source of **Vitamin E**, giving you **76%** of the daily value.

