

Nutrition In A Nutshell

(NAPSA)—Eating a handful of pecans—about 20 halves—can help you stay in synch with the most recent dietary guidelines, the best model yet on how to eat and live healthfully. That’s because pecans are heart-healthy, nutrient-dense and can be a healthier alternative to meat.



According to the guidelines, eat most of your fats from heart-healthy sources like “fish, nuts and vegetable oils.”

Nuts are rich in heart-healthy fat, so it doesn’t take many to feel full. In fact, recent research suggests that eating nuts has a beneficial effect on the waistline. In addition, pecans are rich in antioxidants.

“Although nuts are energy-dense, they are also extremely rich in vitamins and minerals and pack a lot of nutrition into a relatively small package,” says registered dietician Kimberly Lummus. Just a handful offers vitamin E, calcium, magnesium, potassium, zinc, fiber and more antioxidants than any other nut. In fact, pecans ranked #13 of the top 20 foods with the highest antioxidant capacity and #1 among all nuts.

The dietary guidelines are based on the best science available today. “Americans should take these guidelines to heart and eat a nutritionally balanced and antioxidant-rich diet with plenty of fruits, vegetables, nuts like pecans, seeds, legumes and whole grains,” says Lummus.