

Good News For Pecan Lovers: New Research Gives Pecans A Big “Thumbs-Up”

(NAPSA)—It’s official. Pecans are not just for holidays anymore! Scientific research and respected health authorities now support the health benefits of these delicious nuts. So pecan lovers can add pecans to their favorite dishes and enjoy them as snacks all year long—without guilt.



In addition to many important health benefits, pecans add flavor, crunch and texture to a variety of dishes.

Consider these recent findings:

- Research published in the *Journal of the American Dietetic Association* found that adding pecans to the study participants’ diets lowered LDL (“bad”) cholesterol by six percent and did not cause weight gain.
- For the first time ever, the government’s Dietary Guidelines for Americans recommended consuming moderate amounts of fat as part of a well-balanced diet—as long as it is predominantly unsaturated fat (the same heart-healthy fat found in pecans). The American Heart Association similarly followed suit.
- University of Georgia researchers announced that plant sterols—researched and touted for their cholesterol-lowering ability—are found naturally in pecans in concentrated amounts.
- According to research published in the *American Journal of Clinical Nutrition*, foods that are good dietary sources of vitamin E—including pecans and other nuts—may significantly decrease the risk of death from stroke.

For more information about pecans, visit www.ilovepecans.org.

Note to Editors: April is National Pecan Month. If you are interested in featuring an unusual pecan recipe contest being held April 1-July 15, contact Beth Hubrich or Stacy Beck at 404-252-3663.