

Health Bulletin

Pecans: Unexpected Health Benefits

(NAPSA)—With the incidence of diabetes and obesity on the rise, pecans may be just what the doctor ordered.



Studies show pecans may lower the risk for diabetes and enhance weight-loss efforts.

Nuts such as pecans can play a role in reducing the risk of developing Type 2 (“adult onset”) diabetes in women, according to a Harvard study published recently in the *Journal of the American Medical Association*. Why? Nuts are high in polyunsaturated and monounsaturated fats and other nutrients that may improve glucose and insulin stability. Because of these findings, researchers say it is advisable to recommend regular nut consumption as a replacement for refined grain products or red/processed meats.

Pecans also may help control body weight, according to another Harvard study published in the *International Journal of Obesity*. These researchers found that people on a moderate-fat weight loss diet containing nuts were able to keep weight off longer than people on a low-fat diet.

Registered dietitian Sue Taylor of the National Pecan Shellers Association states, “Consumers who have recently learned that pecans can help lower cholesterol levels can now be confident that pecans also have other health benefits.”

For more information about these and other studies on the health benefits of pecans, visit www.ilovepecans.org.