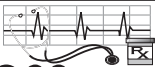


Health Awareness



Pecans Are Good For Your Heart

(NAPSA)—Eating more pecans could benefit your heart. That's important, because a recent study shows that 92 percent of all Americans are at some risk for developing heart disease. The report, published in *Circulation: Journal of the American Heart Association*, notes that the continuing U.S. obesity epidemic may bear much of the blame.

“There's no silver bullet when it comes to heart disease,” said



Pecans fit into a healthy diet plan due to their nutritional content and heart disease-fighting properties.

Beth Hubrich, R.D., nutrition communications manager for the National Pecan Shellers Association, based in Atlanta, Ga. “A combination of healthy eating habits and adequate exercise is needed to help keep risk factors low.”

Pecans fit right into a healthy diet plan due to their nutritional content and cardiovascular disease-fighting properties, according to Hubrich.

Pecans are loaded with vitamin E—an antioxidant—plus 19 vitamins and minerals. About 90 percent of the fat in pecans is heart-healthy, unsaturated fat. There is no cholesterol and no trans fat in pecans. For more information, visit www.ilovepecans.org.