

Healthful Eating

Get On The Trail Of Good Health

(NAPSA)—If you and your family want to enjoy an active lifestyle that includes healthy eating habits—then nuts to you. Specifically, antioxidant-rich pecans from Georgia, the No. 1 pecan-producing state. That's because they fit—not only in a variety of dishes but a healthy lifestyle. Pecans are both versatile and portable, which makes them easy for snacking.

As David Grotto, RD, LDN, author of “101 Optimal Life Foods,” explained, “When it comes to who's the big nut on campus for packing in antioxidants, pecans reign supreme, according to an analysis conducted by the United States Department of Agriculture.

“Because nuts like pecans are so satisfying, research suggests that dieters can sustain their efforts longer and keep weight off longer when compared to those who tried a low-fat diet approach.

“Georgia pecans are more than an occasional go-to nut for decadence; their excellent nutritional profile makes me feel good about recommending them regularly to all of my patients and clients.”

To enjoy pecans—and healthy snacking—even more, you may care to try this trail mix:

Georgia Pecan Cherry Trail Mix *(Makes about 2 cups)*

- 1 cup Georgia pecan halves**
- 1 tablespoon vegetable oil**
(such as canola oil)
- ¾ teaspoon chili powder**
- ½ teaspoon cayenne pepper**
- 1 tablespoon sugar**
- 1 teaspoon grated orange zest**
- ¼ teaspoon salt (preferably coarse kosher salt)**



A terrific trail mix made of fruit and antioxidant-rich pecans is a perfect, portable snack fit for a healthy lifestyle.

- ½ cup dried pitted cherries**
- ½ cup roasted and salted pepitas**
- ½ cup dried cranberries**

Preheat the oven to 350°F. Place the pecans in a small bowl. Heat the oil in a heavy small skillet over medium heat. Add the chili powder and cayenne and stir until fragrant, about 15 seconds. Pour over the pecans. Mix in the sugar, orange zest and salt. Transfer the mixture to a small baking pan. Roast until the nuts are toasted, about 10 minutes. Remove from the oven and cool completely. In a medium bowl, combine the toasted pecans, cherries, pepitas and cranberries and mix to combine. Serve as a snack.

To join the Georgia Pecans Fit! Club and to find more healthy-living recipes, visit www.GeorgiaPecansFit.org or follow the Georgia Pecan Commission on Twitter or Facebook.