

Healthful Eating



Protective Pecans

(NAPSA)—Eating a handful of pecans each day may play a role in protecting the nervous system, according to a new study. Research from the University of Massachusetts suggests that adding pecans to your diet may help keep nerve cells functioning well as you age.



Recent research revealed that adding pecans to your diet may help protect your nervous system.

The study was published in the journal *Current Topics in Nutritional Research*.

“Antioxidants like those found in pecans help protect against cell damage,” said lead researcher Thomas B. Shea, Ph.D. “These findings suggest eating pecans on a regular basis may provide significant nutritional benefits that may provide a protective effect for the nervous system.”

Pecans are the most antioxidant-rich tree nut and are among the 15 foods that contain the highest antioxidant capacity, according to the U.S. Department of Agriculture (USDA).

For more information, visit www.ilovepecans.org or call (404) 252-3663.