

**Studies conducted over the past decade confirm that pecans can be a healthy addition to your diet.**

From helping to prevent heart disease to protecting the nervous system, working to reduce cholesterol and aiding in weight loss and maintenance, this tasty favorite packs quite the nutritional punch. Plus, they're naturally packed with over 19 vitamins & minerals and loaded with disease-fighting antioxidants. In a nutshell - pecans aren't just good - they're good for you.



Louisiana pecans truly are nature's health food. The extra full flavor and crunchy texture of pecans naturally add a unique, rich taste to your dishes. But more importantly, including this nutritional powerhouse in your diet can help keep your body and mind healthy.

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**Visit [LAPGA.com](http://LAPGA.com)** for more nutritional information and for tasty ways to make pecans part of your family's healthy diet.

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*Feed your heart...*

# Heart health



Research suggests adding just a handful of pecans to a healthy diet each day can help prevent heart disease.

A recent study from Loma Linda University, published in *The Journal of Nutrition*, showed that high levels of naturally occurring antioxidants in pecans may help contribute to heart health and disease prevention.

In the university's earlier research both LDL and total cholesterol levels were lowered with a pecan-enriched diet. Lower cholesterol levels promote heart health.

In addition, pecans contain high levels of heart-healthy unsaturated fats. New dietary guidelines recommend these unsaturated fats make up between 20 and 35 percent of your daily calories, and come from heart-healthy sources like fish, nuts and vegetable oils.

This natural growing tree nut has added unique flavor to all types of dishes dating back to the 16th century. But for many, its long list of health benefits truly make the pecan valuable.

## **Rich in antioxidants**

Landmark research published in the *Journal of Agriculture and Food Chemistry* (June 2004) found pecans rank highest among all nuts and are among the top category of foods to contain the highest antioxidant capacity. Antioxidants help protect against cell damage, and studies have shown, can help fight diseases like Alzheimer's, Parkinson's, cancer and heart disease.

## **Lowers cholesterol**

Clinical research published in the *Journal of Nutrition* (Sept 2001) compared the Step I diet (28% fat), recommended by the American Heart Association for individuals with high cholesterol levels, to a pecan-enriched (40% fat) diet. The results showed the pecan-enriched diet lowered total cholesterol by 11.3 percent and LDL "bad" cholesterol levels by 16.5 percent – twice that of the Step I diet, without any associated weight gain.



## **Weight-loss aid**

A review of pecan and nut research published in the *American Journal of Clinical Nutrition* (Sept 2003) indicates that nut consumption may increase metabolic rates and enhance satiety. A Harvard University study recently published in *The New England Journal of Medicine* (June 2011) determined that an extra serving of nuts daily kept off a half-pound of weight gain over 4 years. When used in conjunction with a healthy low-fat diet, nuts offer increased flavor, palatability and texture that can help dieters stay on track.

## **Nutrient dense**

Pecans contain more than 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc. One ounce provides 10% of the recommended Daily Value for fiber. Plus, these sodium-free gems are also a natural, high-quality source of protein containing very few carbohydrates and no cholesterol.