

Nutrition In A Nutshell

A Nutty, Healthy Diet

(NAPSA)—There's more good news for pecan lovers. The American Dietetic Association (ADA) and Dietitians of Canada (DC) confirm that nuts, including pecans, can help you live a healthier life.

New dietary recommendations published in the Journal of the American Dietetic Association state that adults should reduce the amount of unhealthy satu-



Pecans are loaded with beneficial unsaturated fat, plus vitamins, minerals and antioxidants.

rated fat and trans fat in their diets and increase consumption of beneficial unsaturated fat. Pecans fit right in with the new recommendations because about 90 percent of the fat found in pecans is heart-healthy, unsaturated fat. Plus, pecans contain no trans fat, no cholesterol and are packed with antioxidants and more than 19 vitamins and minerals.

“Of greatest importance is the type of fat one chooses,” explains registered dietitian Penny Kris-Etherton, professor of nutrition at Pennsylvania State University. According to ADA’s statement about fatty acids, “the healthiest choices are unsaturated fats found in liquid vegetable oils, nuts and seeds and omega-3 unsaturated fats found in fatty fish such as salmon, sardines and shellfish.”

For more information on the nutritional value of pecans and their contribution to a healthy diet, visit www.ilovepecans.org.