

Weighty Issues

You May Lose Pounds By Adding Pecans

(NAPSA)—For people trying to watch their weight, here's news to go nuts over! An article in the *American Journal of Clinical Nutrition* suggests that nuts such as pecans can aid in weight loss and maintenance.



Research indicates that pecans can pack a lot of nutrition under their shell.

According to the research, nuts make people feel full so they tend to eat less. Pecans also jump-start the metabolism. Some of the fat in pecans is not absorbed by the body, further explaining why study subjects who eat calorie-dense nuts tend to not gain weight.

“Because they contain mostly mono-and polyunsaturated fats, the good fats, just a handful of pecans can provide a healthful and filling snack for weight-conscious consumers,” said Kimberly Jack, registered dietitian with the National Pecan Shellers Association.

For more information about the health benefits of pecans, visit www.ilovepecans.org.