

Nutrition In A Nutshell

Pecans Can Add To Any Diet At Any Time

(NAPSA)—For many, warmer weather means it's time to shed unwanted pounds and get fit. The good news is that losing weight doesn't have to mean a tasteless, unsatisfying diet. Start by adding pecans.

According to Beth Hubrich, M.S., R.D., a dietitian with the National Pecan Shellers Association, pecans are loaded with fiber and unsaturated fat, which means they may increase metabolic rates and enhance satiety—making you feel fuller longer.



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Plus, pecans are loaded with heart-healthy unsaturated fats and more than 19 vitamins and minerals such as vitamin E, folic acid, calcium, copper, magnesium, manganese, phosphorus, zinc and several B vitamins.

Pecans are naturally cholesterol-free and sodium-free, and one serving provides about 10 percent of the government's recommended Daily Values for zinc and fiber.

For more information, visit www.ilovepecans.org.