

Nutrition In A Nutshell

Pecans Can Help Health

(NAPSA)—Researchers have identified a delightful ally in the fight against chronic disease and aging—pecans.

The *Journal of Agriculture and Food Chemistry* reports pecans are among those foods richest in antioxidants; in fact, they contain the most antioxidant capacity of any nut.



Among the foods with the most antioxidants are beans, blueberries, apples and pecans

Antioxidants are substances found in foods that protect against cell damage and, studies have shown, can help fight Alzheimer's disease, Parkinson's disease, cancer and heart disease.

To include more pecans in your diet, try sprinkling them on pancakes or waffles, in fruit-flavored yogurt, on cereal, on salads or veggies or as coating for chicken or fish. You can also add them to brownie or cookie recipes.

Pecans are packed with nutrition including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc. It only takes about an ounce (about 20 pecan halves) to get the nutritional and antioxidant benefits.

For more information, visit www.ilovepecans.org.