

# Healthy Eating

## Pecans: Good For Your Heart

(NAPSA)—Here's food for thought: Scientific research suggests that eating just a handful of pecans each day may help lower the risk of heart disease, due to the nut's high concentration of healthy unsaturated fat.

They're best enjoyed when fresh and flavorful, so the National Pecan Shellers Association (NPSA) offers these buying and storage tips:



**When you're looking to help your heart and have yourself a savory snack, nutritionists advise: Nuts to you—especially pecans.**

- Look for plump kernels uniform in color and size.
- Shelled pecans can be refrigerated for up to nine months and for two years in the freezer.
- Airtight containers, such as jars with lids, are best for storing pecans in the refrigerator.
- Sealed plastic bags work best for storing pecans in the freezer.
- In-shell pecans can be stored in a cool, dry place for six to 12 months.

For more information on pecans, visit [www.ilovepecans.org](http://www.ilovepecans.org). For a free brochure with recipes, send a self-addressed, stamped envelope to NPSA, 1100 Johnson Ferry Road, Suite 300, Atlanta, GA 30342.