

# Food For Thought

## Pecans Rich In Antioxidants

(NAPSA)—There's a new reason to go nuts for pecans. The latest research from the U.S. Department of Agriculture confirms pecans are the most antioxidant-rich tree nut.

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



**Including more pecans in your diet is not a nutty idea, since these tasty nuts are rich in antioxidants.**

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pecans are ranked in the top 20 when it comes to foods with the highest antioxidant capacity. To include more pecans in your diet, try these tips from the National Pecan Shellers Association:

- Sprinkle pecans on pancakes or waffles, in fruit-flavored yogurt or on top of hot or cold cereal.
- Top salads and veggies with pecans instead of cheese.
- Coat chicken or fish with pecans before baking.
- Bring about 20 pecan halves to work and snack on them throughout the day.

For more information, visit [www.ilovepecans.org](http://www.ilovepecans.org).