

Nutrition In A Nutshell

Sensational Snacks

(NAPSA)—If you're looking for an afternoon snack to keep your stomach from growling as well as growing, you'd be nuts to ignore the power of pecans. These power-packed tree nuts contain more than 19 vitamins and minerals, and they're cholesterol-free.



Pecans are a delicious and healthy substitute for fattening, greasy chips.

Not only that, nutrient-rich pecans are loaded with antioxidants that may help fight diseases such as Alzheimer's, Parkinson's, cancer and heart disease. There's no better time to start eating healthy with pecans:

- Instead of chips, which are loaded with sodium, bring about 20 naturally sodium-free pecan halves to work to snack on throughout the day.

- Substitute pecans for a candy bar when you're looking for an afternoon pick-me-up. Pecans provide long-lasting energy because they contain heart-healthy mono and polyunsaturated fats, and the same amount of fiber as a medium-sized apple.

- Sprinkle pecans on top of your yogurt and you'll get more zinc—an important nutrient for proper growth and strong immunity.

For more information on the health benefits of pecans and where to find them, visit www.ilovepecans.org.