

Think Outside The Pie

(NAPSA)—Although medical research suggests eating pecans in moderation may reduce the risk of heart disease, 54 percent of Americans are unaware of how good those nuts can be, according to a new survey.

Most eat pecans in baked goods but health experts suggest you snack on pecans as well. They fit the USDA Dietary Guidelines of eating a variety of protein foods, including lean meat, eggs, beans and nuts, such as pecans.



Snacking on pecans can do your heart good.

You can substitute pecans for many ordinary snack foods, explained Beth Hubrich, a registered dietitian. “Pecans are a power food that help you feel full for a longer period of time. Their tender texture and rich, buttery flavor make pecans an ideal snack choice.”

Here are a few snacking suggestions from the National Pecan Shellers Association:

- Instead of salty snacks, try a handful of pecan halves. Pecans are naturally sodium-free.
- Sprinkle pecans on yogurt, cereal or a salad for more zinc—an important nutrient for proper growth and immunity.

For recipes and more, visit www.ilovepecans.org.