

# Pecans good for the heart?

Adding just a handful of pecans to your diet each day may be good for your heart.

This is what scientists concluded at Loma Linda University in Loma Linda, Calif., after studying blood samples from

study participants (a total of 23 men and women between the ages of 25 and 55) who ate two diets: one that contained pecans and one that did not.

Scientists discovered that there was a significantly reduced level of oxidation of blood lipids (fats) in the individuals who ate pecans, thus reducing their risk of heart disease. Researchers suggest that this positive effect was in part due to pecans' significant content of vitamin E, which protects fats from oxidation.

The new findings are published in the August 2006 issue of *Nutrition Research*. For more information on the health benefits of pecans, visit [www.ilovepecans.org](http://www.ilovepecans.org).

