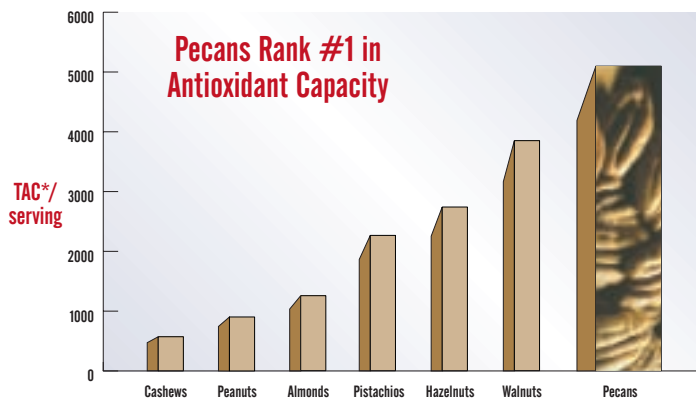


NUTRITIONAL AND HEALTH BENEFITS

Antioxidant-Rich Pecans

Landmark research published in the *Journal of Agriculture and Food Chemistry* (June 2004) found that **pecans rank highest among all nuts and are among the top category of foods to contain the highest antioxidant capacity.** Antioxidants are dietary substances that have been shown to delay aging and decrease the risk of cancer, heart disease, and neurological diseases like Alzheimer's.

Using a method that has been shown to be a good indicator of the total antioxidant capacity (TAC) of foods called ORAC (Oxygen Radical Absorbance Capacity), researchers measured the antioxidant capacity of nuts among 100 commonly consumed foods. Using the ORAC method, the chart below compares the antioxidant capacity of pecans to other nuts.



*TAC: Total Antioxidant Capacity

Cholesterol-Lowering Pecans

Pecans also play a role in lowering cholesterol. Clinical research published in the *Journal of Nutrition* (September 2001) compared the Step-I diet (28 percent fat) recommended by the American Heart Association for individuals with high cholesterol levels, to a pecan-enriched (40 percent

fat) diet. The result was that the pecan-enriched diet lowered total cholesterol levels by 11.3 percent, and LDL "bad" cholesterol levels by 16.5 percent, twice that of the Step-I diet, without any associated weight gain. The U.S. Food and Drug Administration (FDA) has acknowledged this and related research and approved the following qualified health claim, "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pecans, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

Weight Control and Pecans

A review of pecan and other nut research, published in the *American Journal of Clinical Nutrition* (September 2003), suggests that nuts like pecans can aid in weight loss and maintenance. The review cited studies indicating that nut consumption may increase metabolic rates and

enhance satiety. When used in conjunction with a low-fat diet, nuts also offer increased flavor, palatability and texture that can lead to greater dietary compliance, according to the review.

Heart Healthy Pecans

Nearly 60 percent of the fat in pecans is monounsaturated and another 30 percent is polyunsaturated, leaving very little saturated fat in pecans. Pecans contain no *trans* fat.

Nutrient-Dense Pecans

Pecans contain over 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, sev-

eral B vitamins and zinc. One ounce of pecans provides 10 percent of the recommended Daily Value for fiber. Pecans are also a natural, high-quality source of protein that contain very few carbohydrates and no cholesterol. For more information about the nutritional benefits of pecans, visit www.ilovepecans.org.

Nutrients in Shelled Pecans

Nutrients (Units) In:	100 gms.	1 lb.	1 oz. serving
Calcium (mg)	70	320	20
Iron (mg)	2.53	11.52	0.72
Magnesium (mg)	121	544	34
Phosphorus (mg)	277	1,264	79
Potassium (mg)	410	1,856	116
Sodium (mg)	0	0	0
Zinc (mg)	4.53	20.48	1.28
Copper (mg)	1.20	5.44	0.34
Manganese (mg)	4.50	20.48	1.28
Selenium (mcg)	3.80	17.6	1.1
Vitamin C (mg)	1.10	4.8	0.3
Thiamin (mg)	0.66	3.04	0.19
Riboflavin (mg)	0.13	0.64	0.04
Niacin (mg)	1.17	5.28	0.33
Pantothenic Acid	0.86	4	0.25
Vitamin B6 (mg)	0.21	0.96	0.06
Folate (mcg)	22	96	6
Vitamin B12 (mcg)	0	0	0
Vitamin A (I.U.)	56	256	16
Vitamin K (mcg)	3.50	16	1
Vitamin E (ATE)* (mg)	1.40	6.4	0.4
Water (g)	3.52	16	1
Energy (Kcal)	691	3,136	196
Protein (g)	9.17	41.6	2.6
*Total Fat (g)	71.97	326.4	20.4
Monounsaturated	40.8	185.12	11.57
Polyunsaturated	21.61	98.08	6.13
Saturated	6.18	28	1.75
Trans	0	0	0
Carbohydrate (g)	13.86	62.88	3.93
Dietary fiber (g)	9.6	43.2	2.7
Ash (g)	1.49	6.72	0.42

*Includes fatty acids, phospholipids and glycerols.
Source: USDA National Nutrient Database for Standard Reference, Release 17, 2004. <http://www.usda.gov/fnic/food comp, 2004>.

Key Fatty Acid Composition of Pecans (in grams)

	100 gms.	1 oz. serving
Monounsaturated		
Palmitoleic (16:1)	-	-
Oleic (18:1)	40.6	11.51
Gadoleic (20:1)	0.21	0.06
Erucic (22:1)	-	-
Total fat	40.81	11.57
% Total fat	60%*	60%*
Polyunsaturated		
Linoleic (18:2)	20.63	5.85
Linolenic (18:3)	0.99	0.28
Arachadonic (20:4)	-	-
Total fat	21.62	6.13
% Total fat	31%*	31%*
Saturated		
Capric (10:0)	-	-
Lauric (12:0)	-	-
Myristic (14:0)	-	-
Palmitic (16:0)	4.37	1.24
Stearic (18:0)	1.75	0.50
Arachadic (20:0)	0.07	0.02
Behenic (22:0)	-	-
Total fat	6.19	1.76
% Total fat	9%*	9%*

*Approximate