



Taken from: www.nutrition-and-you.com/pecans.html

Delicious, buttery yet rich-flavored pecans are one of the popular edible tree-nuts known to American aborigines since centuries ago. They are enriched with many health-benefiting nutrients, minerals, vitamins that are essential for optimum health. Add a hand full of pecan nuts in your diet to keep your diet meter complete with sufficient levels of minerals, vitamins, and protein.

Health Benefits

- Pecan nuts are rich source of energy, carry 690 calories/100 g and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for wellness.
- The nuts are rich in monounsaturated fatty acids like oleic acid and an excellent source of phenolic antioxidants. Regular addition of pecan nuts in the diet helps to decrease *total* as well as *LDL* or “bad cholesterol” and increases *HDL* or “good cholesterol” levels in the blood. Research studies suggest that the Mediterranean diet, which is rich in dietary-fiber, mono-unsaturated fatty acids, and antioxidants would help to prevent coronary artery disease and strokes by favoring healthy blood lipid profile.
- Pecan nuts are rich source of many phyto-chemical substances that may contribute to their overall antioxidant activity, including polyphenolic antioxidant ellagic acid, vitamin E, beta-carotene, lutein and zeaxanthin. Research studies have been suggestive of that these compounds help the body remove toxic oxygen-free radicals and thus, protect the body from diseases, cancers, as well as infections.



Healthy Foods

Health Benefits: Pecans

- Anti-proliferative properties of *ellagic acid* is because of its ability to inhibit DNA binding of certain carcinogens such as nitrosamines and polycyclic aromatic hydrocarbons, thus, offering protection to human body from cancers.
- Pecans are an excellent source of vitamin-E, especially rich in gamma-tocopherol; provide about 25 g per 100 g. Vitamin E is a powerful lipid soluble antioxidant, required for maintaining the integrity of cell membrane of mucus membranes and skin by protecting it from harmful oxygen-free radicals.
- The nuts are very rich sources of several important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates. Together, these vitamins work as co-factors for the enzyme metabolism inside the human body.
- The nuts are also rich source of minerals like manganese, potassium, calcium, iron, magnesium, zinc, and selenium.