

Nutrients, Benefits, Selection

of Louisiana Pecans and Other Nuts

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Nut	Nuts per 1-ounce serving (28 grams)	Calories	Fiber
Almonds	20-24	160	4.0
Brazil nuts	6-8	190	2.1
Cashews	16-18	160	1.0
Hazelnuts	18-20	180	1.4
Macadamias	10-12	200	2.4
Peanuts	28	170	3.0
Pecans	18-20 halves	200	2.7
Pine nuts (pignolias)	150-157	160	1.0
Pistachios	45-47	160	3.0
Walnuts	14 halves	190	1.9

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Be Healthy, Go Nuts!

Nuts are high in protein and fiber, low in carbohydrates and sodium-free.

Nuts can lower the risk of heart disease and various cancers. Eating five or more 1-ounce servings of nuts or peanuts per week can reduce the risk of type 2 diabetes by almost 30 percent.

Nuts contain mostly unsaturated fats, which help decrease LDL ("bad") cholesterol and increase HDL ("good") cholesterol.

Within a normal caloric intake, eating a handful of nuts daily may help prevent weight gain and possibly promote weight loss because the fat, protein and fiber in nuts can help with the feeling of fullness and increase the feeling of satiety.

In 2003, the U.S. Food and Drug Administration (FDA) approved this "qualified" health claim for nuts for package labels:

"Scientific evidence suggests but does not prove that eating 1 1/2 ounces per day of most nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

Types of Nuts

Almonds	Walnuts
Brazil nuts	Pecans
Cashews	Peanuts
Hazelnuts	Pine nuts
Macadamia nuts	Pistachios

Louisiana Pecans: A Local Treat!

- Pecans have a significant amount of vitamin E, a natural antioxidant.
- Pecans can aid in weight loss because they make you feel full longer.
- Pecans contain more than 19 vitamins and minerals.

Vitamins in Pecans

B vitamins	Potassium
Calcium	Vitamin A
Folic acid	Vitamin E
Magnesium	Zinc
Phosphorus	

Antioxidants in Pecans

Vitamin E	Phenols
Flavonoids	Phytochemicals

Be Healthy, Go Nuts!

Ways To Include Nuts In Your Diet:

- Sprinkle nuts on cereal, yogurt or oatmeal.
- Add nuts to pancake or muffin recipes.
- Use nuts in salads and salad dressings.
- Find recipes with nuts as ingredients.
- Spread peanut butter on fruit or bread.
- Eat nuts as a snack!

Eating 1 ounce of nuts (about a handful) about five times a week is enough to provide the health benefits.