



# Pecans

## Health Benefits of Pecans

Pecans have a rich, buttery flavor that make a great addition to a healthy diet. They help control hunger and lower blood sugars and cholesterol.

### **1 oz (~1/4 cup) raw pecan halves provides:**

- 196 calories, 3g protein, 3g fiber, 20g fat and no cholesterol

### **Potential benefits of consuming raw pecans:**

- Contain healthy unsaturated fats that help lower cholesterol
- Good source of calcium, magnesium and potassium that work to lower blood pressure and keep healthy heart rhythms
- Pecans have a low glycemic index, keeping blood sugars stable and reducing cravings which assists with weight management
- Omega 3 fats in pecans can help reduce inflammation
- Vitamins A, E and zinc protect your immune system, and folate helps guard against cancerous DNA changes
- Roast raw pecans in a dry skillet 2-3 minutes for added flavor. Avoid commercially roasted, salted or sugared nuts
- Toss in cereal, salads, stir fry or baked goods for crunch and flavor

For more Healthy Bytes Initiative information, visit:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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