

THE POWER OF PECANS

for Everyday Eating

Each year, over half of Americans experiment with a specific diet or eating pattern.¹ Whether enjoyed raw or roasted, chopped as pieces or ground like flour, pecans are a versatile nut that can complement healthy diets. Pecans have multiple health-promoting nutrients and bioactive compounds.

PECANS POWER VEGETARIAN & VEGAN DIETS



Pecans provide **3 grams** of plant-based protein per serving.

Tip:

Enhancing a whole grain and vegetable dish with pecans not only adds nutty flavor and a satisfying crunch, but it makes the meal more satisfying.

Pecan Wild Rice Pilaf



PECANS MEET THE MEDITERRANEAN-STYLE DIET REQUIREMENTS

Za'atar Spiced Pecans and Quinoa Veggie Bowl



Pecans provide **18 grams** of unsaturated fat per serving, including oleic acid — the primary fat found in olive oil, and only 2g saturated fat.

Tip:

The 2020-2025 Dietary Guidelines for Americans recommends 5 servings of nuts, seeds or soy products per week for a Mediterranean Style diet.

PECANS FIT A GLUTEN-FREE DIET



Pecans are naturally gluten free and one serving has just **4 grams** of carbohydrate.

Tip:

Be careful of nuts that are coated as these can contain flour or other gluten containing ingredients. Ground up pecans can act as gluten-free breadcrumbs for meats, poultry, seafood and casseroles.

Gluten Free Mac and Cheese with Pecan Breadcrumbs



Pecan Crusted Salmon with Apple Slaw



INCLUDE PECANS IN A HIGH PROTEIN DIET



Pecans are an easy, natural way to **support balanced nutrition**, helping with protein intake and appetite management throughout the day.

Tip:

Snack on a handful of pecans for a nutrient-dense way to stay fuller longer.

PECANS CAN HELP YOU WITH FIBERMAXXING



Nine in 10 Americans are not getting enough fiber in their diets.² Pecans to the rescue!

Pecans are a good source of fiber, providing 11% of the daily value.



Pecans can help you meet your nutrient needs. Pair them with fruit for a fiberful snack or top a salad to add a fibery crunch.

Acai Berry Pecan Smoothie Bowl



PECANS AS A PART OF A HEART HEALTHY DIET

Roasted Red Pepper Pecan Dip



Raw pecans are low in sodium and contain a heart-healthy mix of unsaturated fats (18g per serving with only 2g saturated fat), plant sterols, fiber, and flavonoids.



Pecans are surprisingly snackable. Pair pecans with fresh vegetables to support healthy cholesterol and blood pressure.

*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.

**A one-ounce serving of pecans contains 18g unsaturated fat and only 2g saturated fat.

Serving size = 1 ounce or about 19 halves DV = % Daily Value

Source: USDA National Nutrient Database for Standard Reference

REFERENCES

- 1 <https://ific.org/wp-content/uploads/2025/08/IFIC-FH-Survey-Dietary-Guidance-Food-Labeling-2.pdf>
- 2 https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
- 3 USDA, Agricultural Research Service. FoodData Central, 2019. <https://fdc.nal.usda.gov/>. FDC IDs: 170182. Accessed September 2025

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