

THE GO-TO GUIDE FOR PECAN SNACK PAIRINGS



With the increasingly busy lifestyles of Americans, it's no surprise that snacking has surged by 30% over the last three decades.¹ Snacking accounts for nearly a quarter of America's calorie intake, often consisting of food high in added sugar and low in nutrients and fiber.²



Pecans to the rescue as a superhero snack!

Pecans are a good source of fiber, thiamin, and zinc and an excellent source of copper and manganese. They also provide a source of unsaturated fats and are Heart-Check certified by the American Heart Association.*



A SIMPLE SWAP

Simply swapping in snacks with tree nuts like pecans improve diet quality through the ratio of unsaturated to saturated fats and reduces total sugar intake.³

Pecans are complimentary to every food group — fruits, vegetables, carbohydrates, protein and dairy foods. Build your own fueling snacks by selecting any food group, the just add pecans. Whether enjoyed sweet, savory, roasted, chopped or whole, pecans add a flavorful crunch to any snack combination.

FRUIT + PECANS

Great for a mid-morning snack for kids and adults.



Apple slices & pecan butter

Brightly colored fruits and pecans both have antioxidant properties — substances that can help protect against cell damage. Pecans have some of the highest levels of antioxidants among tree nuts., particularly gamma tocopheril, a unique form of vitamin E.**

VEGGIE + PECANS

Great for a pre-dinner snack leaving room for more.



Cucumbers & Roasted Red Pepper Pecan Dip

Looking for a lower carb snack? Vegetables are a crunchy way to fill up on nutrients without extra calories. Pecans have just 4 grams of carbohydrates per serving.



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

**The data for antioxidant capacity of foods generated by test-tube methods cannot be extrapolated to human effects. Clinical trials to test benefits of dietary antioxidants have produced mixed results.

***4 _ FDA Fiber Fact Sheet: https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL_DietaryFiberOctober2021.pdf

Serving size = 1 ounce or about 19 halves

DV = % Daily Value

Source: USDA National Nutrient Database for Standard Reference

CARBOHYDRATES + PECANS

Helpful to fuel an active afternoon.



Whole grain popcorn & Garlic Herb Pecans

Whole grains and nuts like pecans are important sources of fiber. Diets higher in fiber can help with digestive health and reduce the risk of cardiovascular disease.^{***}

DAIRY + PECANS

Perfect for people looking to add more protein.



Greek yogurt & pecans

This protein power pair makes a good breakfast or snack - with 26 grams of protein in one serving. Snacks with tree nuts are proven to promote satiety, reduce hunger and the desire to eat while increasing fullness.³



Smart snacking should be both satisfying and nourishing. When you choose pecans, you get the health benefits you are looking for without losing the natural sweetness you crave.

PROTEIN + PECANS

Delivers lean protein plus nutty crunch.



Chicken & pecans

Pecan Popcorn Chicken offers 27 grams of protein in one serving and can be made ahead, frozen, and popped into the air fryer anytime for a quick, satisfying bite.

DISCRETIONARY CHOICE



No Bake Pecan & Raspberry Bark

Dark chocolate and pecans pair for a satisfying treat with antioxidant properties.

REFERENCES

- 1 Piernas, Carmen, and Barry M. Popkin. "Snacking increased among U.S. adults between 1977 and 2006." *The Journal of Nutrition*, vol. 140, no. 2, Feb. 2010, pp. 325–332, <https://doi.org/10.3945/jn.109.112763>.
- 2 Sebastian RS, Enns CW, Goldman JD. MyPyramid Intakes and Snacking Patterns of U.S. Adults: What We Eat in America, NHANES 2007-2008. PMID: 36972369.
- 3 Sumislawski K, Widmer A, Suro RR, Robles ME, Lillegard K, Olson D, Koethe JR, Silver HJ. Consumption of Tree Nuts as Snacks Reduces Metabolic Syndrome Risk in Young Adults: A Randomized Trial. *Nutrients*. 2023; 15(24):5051. <https://doi.org/10.3390/nu15245051>.



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