



2026 RESEARCH PROGRAM UPDATE

The APPB invests in health and nutrition research to advance the understanding of pecans' nutritional profile and potential human health benefits. This work provides a science-based foundation for health professional and consumer education.

PUBLISHED RESEARCH



Cardiometabolic Health



Oxidative Stress & Antioxidants



Exploratory

"Pillar"	Study Title & Journal Primary Investigator & University	Study Details	Outcomes Measured	Conclusion
	<p><u>Dose-Response Effects of Pecan Consumption on Blood Lipid Profiles in Adults with Excess Body Weight and/or Dyslipidemia: a Randomized Controlled Trial</u>, <i>The Journal of Nutrition</i></p> <p>Jamie Cooper, University of Georgia</p> <p>Publication Date: January 4, 2026</p>	<p>Type: Clinical Trial</p> <p>Population: Males and Females, 25-75 years; w/ BMI of ≥ 28 kg/m² and/or dyslipidemia</p> <p>Pecans: Varying amounts</p>	<p>Blood Lipids</p> <p>Anthropometrics</p>	<p>Moderate doses of daily pecans improved fasting blood lipid profiles, providing new evidence of cardioprotective benefits.</p>
	<p><u>Pecans and Human Health: Distinctive Benefits of an American Nut</u>, <i>Nutrients</i></p> <p>Britt Burton-Freeman, Illinois Institute of Technology</p> <p>Publication Date: November 24, 2025</p>	<p>Type: Review</p> <p>Population: Males and Females</p> <p>Pecans: Varying amounts</p>	<p>Anthropometrics</p> <p>Bioavailability</p> <p>Blood Lipids</p> <p>Cardiovascular Health</p> <p>Chemical Composition</p> <p>Cognition</p> <p>Diet quality</p> <p>Glycemic Control</p> <p>Gut Health</p> <p>Inflammation</p> <p>Vascular Function</p>	<p>Current literature supports the cardiometabolic benefits of pecans within healthy dietary patterns.</p>
	<p><u>Nutrient Displacement Associated with Replacing Intake of Usual Snacks with Pecans: An Exploratory Analysis of a Randomized Controlled Trial</u>, <i>Current Developments in Nutrition</i></p> <p>Kristina Petersen, Pennsylvania State University</p> <p>Publication Date: April 8, 2025</p>	<p>Type: Clinical Trial</p> <p>Population: Males and Females, 25-70 years; ≥ 1 criterion for Mets, no CVD or T2D</p> <p>Pecans: 57g/day; 12 weeks</p>	<p>Energy & Nutrition Displacement</p> <p>Food Pattern Changes</p>	<p>Replace usual snacks with 57 g/day pecans may cause the partial displacement of energy and unsaturated fats, which can lead to an improved fatty acid profile and increased intake of food pattern components that are aligned with a healthy dietary pattern compared to continuing usual snack intakes.</p>



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	<p><u>Pecan Intake Improves Lipoprotein Particle Concentrations Compared with Usual Intake in Adults at Increased Risk of Cardiometabolic Diseases: A Randomized Controlled Trial</u>, <i>The Journal of Nutrition</i></p> <p>Kristina Petersen, Pennsylvania State University</p> <p>Publication Date: March 18, 2025</p>	<p>Type: Clinical Trial</p> <p>Population: Males and Females, 25-70 years; ≥ 1 criterion for Mets, no CVD or T2D</p> <p>Pecans: 57g/day; 12 weeks</p>	<p>Blood Lipids</p> <p>Glucose Control</p> <p>Inflammation</p>	<p>Replacing usual snacks with 57 g/d of pecans for 12 weeks may improve the concentration of apoB, total LDL particles, total, large, and small TRL-P, H5, and large HDL particles compared with continuing usual intake in adults at risk for cardiometabolic diseases.</p>
	<p><u>Consuming pecans as a snack improves lipids/lipoproteins and diet quality compared with usual diet in adults at increased risk of cardiometabolic diseases: a randomized controlled trial</u>, <i>American Journal of Clinical Nutrition</i></p> <p>Kristina Petersen, Pennsylvania State University</p> <p>Publication Date: January 27, 2025</p>	<p>Type: Clinical Trial</p> <p>Population: Males and Females, 30-60 years; ≥ 1 criterion for Mets, no CVD or T2D</p> <p>Pecans: 57g/day; 12 weeks</p>	<p>Anthropometrics</p> <p>Blood Lipids</p> <p>Diet Quality</p> <p>Glycemic Control</p> <p>Vascular Function</p>	<p>Replacing usual snacks with 57g/day of pecans for 12 weeks may improve lipid/ lipoproteins and diet quality, without affecting vascular health in adults</p>
	<p><u>A 4-Week Pecan-Enriched Diet Improves Postprandial Lipid Peroxidation in Aging Adults</u>, <i>Journal of Medicinal Food</i></p> <p>Jamie Cooper, University of Georgia</p> <p>Publication Date: September 12, 2023</p>	<p>Type: Clinical Trial</p> <p>Population: Males and Females, 50-75 years</p> <p>Pecans: 68 g/day; 4 weeks</p>	<p>Antioxidant Capacity</p> <p>Blood Glucose Control</p> <p>Oxidative Stress</p>	<p>Findings suggest that a 1 month, pecan-enriched diet may be protective against after-meal oxidative stress.</p>
	<p><u>A Pecan-Enriched Diet Reduced Postprandial Appetite Intensity and Enhanced Peptide YY Secretion: A Randomized Controlled Trial</u>, <i>Clinical Nutrition ESPEN</i></p> <p>Jamie Cooper, University of Georgia</p> <p>Publication Date: May 8, 2023</p>	<p>Type: Clinical Trial</p> <p>Population: Males and Females, 50-75 years</p> <p>Pecans: 68 g/day; 4 weeks</p>	<p>Appetite</p> <p>Anthropometrics</p> <p>Nutrient Intakes</p>	<p>A 4-week pecan-enriched diet may lead to enhanced satietogenic metrics compared to a diet void of all nuts; adding pecans to the daily diet may be beneficial to appetite control and weight maintenance in healthy older adults.</p>
	<p><u>Pecan-Enriched Diet Improves Cholesterol Profiles and Enhances Postprandial Microvascular Reactivity in Older Adults</u>, <i>Nutrition Research</i></p> <p>Jamie Cooper, University of Georgia</p> <p>Publication Date: January 31, 2023</p>	<p>Type: Clinical Trial</p> <p>Population: Males and Females, 50-75 years</p> <p>Pecans: 68 g/day; 4 weeks</p>	<p>Blood Lipids</p> <p>Macro-Vascular Function</p> <p>Micro-Vascular Function</p>	<p>Daily pecan consumption for 4 weeks may improve fasting and postprandial blood lipids and microvascular reactivity in older adults.</p>
	<p><u>Effects of a 4-Week Pecan-Enriched Diet on Cognitive Function in Healthy Older Adults</u>, <i>Nutrition and Healthy Aging</i></p> <p>Jamie Cooper, University of Georgia</p> <p>Publication Date: October 31, 2022</p>	<p>Type: Clinical Trial</p> <p>Population: Males and Females, 50-75 years</p> <p>Pecans: 68 g/day; 4 weeks</p>	<p>Anxiety</p> <p>Cognition</p> <p>Sleep</p>	<p>Short-term adherence to a pecan-enriched diet may not exert additional cognitive benefits in a group of cognitively healthy older adults whether fasting or postprandial, compared to control.</p>



RESEARCH IN PROGRESS



Cardiometabolic Health



Oxidative Stress & Antioxidants



Exploratory

"Pillar"	Study Title	Study Type	Population	Pecan Servings	Outcomes Measured
	Pecan Consumption is Significantly Associated with Improved Nutrient Intakes, Greater Food Group Consumption and Higher Diet Quality Scores in Americans of Various Age Groups Yanni Papanikolaou, Nutritional Strategies	NHANES Analysis	Males and Females, 2 years and older	N/A	Blood Lipids Diet Quality Glycemic Control Inflammation
	Pecan consumption and impacts on cardiovascular function, metabolism, inflammation, gut microbiome and gut permeability, and cognitive performance and well-being in adults Dragan Milenkovic, University of California, Davis	Clinical Trial	Males and Females, 45-75 years	2 oz/day; 12 weeks	Blood Lipids Glycemic Control Inflammation Mental Health/ Sleep Quality Vascular Function
	The effects of pecan consumption on skin health in Women Zhaoping Li, University of California, Los Angeles	Clinical Trial	Females, 55-75 years	2 oz/day; 12 weeks	Aging Biomarkers Gut Health Skin Health (Elasticity, Hydration, Sebum, Texture, and Erythema)
	Dose response impact of pecans on markers of health in adults at risk for CVD Jamie Cooper, University of Georgia	Clinical Trial	Males and Females, 30-75 years	6%, 13% or 20% of total daily energy needs from pecans; 28 days	Antioxidant Status Blood Lipids Glucose Control
	Glycemic Effects of Substituting Pecans for Snacks Higher in Saturated Fat and Added Sugars in Individuals with Prediabetes Kristina Petersen, Pennsylvania State University	Clinical Trial	Males and Females, 25-65 years	1.5 oz/day; 16 weeks	Blood Lipids Glucose Control Inflammation Vascularity
	Effects of pecans on brain health in older Americans with mild cognitive impairment: gut brain axis Chwan-Li (Leslie) Shen, Texas Tech University	Clinical Trial	Males and Females, 55 years and older	2 oz/day; 12 weeks	Brain Health (fMRI neuroimaging, mPFC connectivity patterns) Gut Health Neurocognitive Function Neuroinflammation

Updated: 3/17/26

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"Pillar"	Study Title	Study Type	Population	Pecan Servings	Outcomes Measured
	Pecan Consumption Within a Portfolio Dietary Pattern Can Improve Nutrient Intakes, Diet Quality and Various Health Outcomes, Including Cardiovascular- and Weight-Related Outcomes Yanni Papanikolaou, Nutritional Strategies	NHANES Analysis	Males and Females, 2 years and older	2 oz/day	Anthropometrics Cardiovascular Health Diet Quality Glycemic Control Vascular function
	The Effect of Replacing Usual Snacks with Pecans on Gut Microbiota Assessed by Shotgun Metagenomics: An Exploratory Analysis of a Randomized Clinical Trial Kristina Petersen, Pennsylvania State University	Clinical Trial	Males and Females, 25-70 years; ≥1 criterion for Mets, no CVD or T2D	2 oz/day; 12 weeks	Gut Health (composition and functional potential)

Updated: 3/17/26



NUTRITION FACTS PER SERVING (1 tablespoon):

Calories: 30 | Fat: 3g | Saturated Fat: 0.5g | Sodium 50mg | Carbs 1g

Nutrition Facts	Amount/serving	% Daily Value	Amount/serving	% Daily Value
	Total Fat 20g	28%	Sodium 0mg	
Serving Size 1 oz (28g / about 1/4 cup)	Saturated Fat 2g	10%	Total Carbohydrate 4g	1%
	Trans Fat 0g		Dietary Fiber 3g	11%
Calories 200 per serving	Polyunsaturated Fat 6g		Total Sugars 1g	
	Monounsaturated Fat 12g		Includes 0g Added Sugars	0%
	Cholesterol 0mg		Protein 3g	
	Vit. D 0mcg 0% • Calcium 20mg 2% • Iron 1mg 6% • Potassium 120mg 2%			
	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			



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