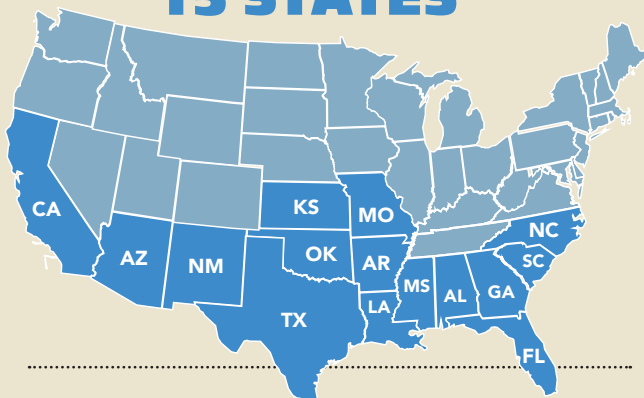


# PECANS: IN A NUTSHELL

PECANS ARE GROWN IN  
**15 STATES**



Pecans are the **only major tree nut indigenous to North America**, with a storied history among Native Americans and early settlers.

The United States produces nearly 300 million pounds of pecans annually, which is about **80 percent of the world's pecan supply**<sup>1</sup>.

Pecans are available **year-round** and with their naturally sweet taste and buttery texture, they're an ideal ingredient to add to a range of foods beyond desserts — including salads, snacks, whole grains and vegetables.

## THE NUT IN NUTRITIOUS

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<sup>2,3</sup>. Pecans also contain protein, fiber, essential minerals, and bioactive compounds, including flavonoids and plant sterols.

Plus - pecans have only 4 grams of carbs per serving are low in carbs (4 grams) and a good source of dietary fiber (3 grams per serving). One serving of pecans delivers 11% of your daily value of dietary fiber, which may support satiety, blood sugar control, and digestive health throughout the day<sup>4,5</sup>.

A handful of pecans – about 19 halves - is a good source of thiamin and zinc and an excellent source of copper and manganese.

*\*One serving of pecans (28g) has 18g unsaturated fat and only 2g saturated fat.*



### HOME GROWN

Growing pecans requires immense patience, considering that it takes **NEARLY 10 YEARS** before a pecan tree is in full production of nuts.

Fortunately, the stately pecan tree, the largest member of the hickory family can produce nuts for **100 YEARS OR MORE**.

Pecans are harvested in the fall by shaking tall pecan trees and are the only major tree nut to grow naturally in North America. As a salute to the pecan's history as an indigenous nut, many pecan varieties are named after Native Americans, such as Cheyenne, Sioux, Apache, Osage, Pawnee, Mohawk, Kiowa and Choctaw.

## PECAN TIPS



When buying packaged pecans, look for a freshness date on the label. **If you can see the kernels, they should be plump, golden brown and uniform in size.**



To protect the pecan's rich oils and buttery taste, do not store shelled pecans at room temperature. **Always keep your shelled pecans in a resealable bag or airtight container in the refrigerator or freezer.**



The **American Pecan Promotion Board (APPB)**, formed in 2021, is an organization of passionate U.S. pecan growers and handlers (processors) who are working together to build demand for American pecans. The APPB is based in Fort Worth, Texas, and funders include pecan handlers in the 15 pecan-producing states of the United States.

To learn more about American pecans, including recipes, health research, and how the country's native nut is grown and harvested, **visit [eatpecans.com](https://eatpecans.com)**. Follow us on Instagram and Facebook **@eatpecans**

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