



Stahmann Farms



PECAN HEALTH & NUTRITION

We all know pecans are a healthy nut, but do you know exactly why? See below for the facts:

The Antioxidant Nut

Pecans contain the highest amount of antioxidants of all the major tree nuts and peanuts (See Figure 1).^{1&2} Antioxidants can counteract the damage caused in the body by free radicals.

Cholesterol and Trans fat Free

Like all tree nuts pecans are cholesterol free. They're also free of trans fats – a type of fat that acts like an unhealthy saturated fat in your body.

Naturally Low in Sodium

If watching your salt intake natural pecans are a good low salt savoury snack.

Magnesium

Pecans contain 10% of the RDI for magnesium.^{4&7} Magnesium is a necessary component of bone and needed for normal muscle and nerve function. It also plays an important role in energy formation.⁸

Zinc

Pecans are a source of zinc and contain 10% of the RDI in a 30g handful.^{4&7} Zinc is needed for many processes in the body and is necessary for normal growth function and helps to maintain a strong immune system.⁸

Copper

Pecans contain copper with around 13% of the Estimated Safe and Adequate Daily Dietary Intakes (ESADDIs) for copper in a 30g serve.^{4&7} Copper helps with the formation of red blood cells as well as playing a role in your body's antioxidant systems.^{3&8}

Natural Dietary Fibre

Fibre helps maintain a healthy bowel function.³ Just one 30g handful of pecans is equivalent to 8% of the Recommended Dietary Intake (RDI) for fibre.^{4&5}

Natural Plant Sterols

Pecans contain natural plant sterols (or phytosterols). Plant sterols can help reduce cholesterol reabsorption in the intestine when consumed as part of a healthy diet low in saturated fat.³

'GOOD' fats

Pecans are rich in healthy monounsaturated and polyunsaturated fats, plus have a low proportion of saturated fat. These fats are necessary for maintaining heart health.⁶

References

1. USDA Nutrient Data Laboratory. Oxygen Radical Absorbance Capacity (ORAC) of selected foods 2007 report cited <http://www.ars.usda.gov/> June 2010
2. Xianli, W., et al. Lipophilic and Hydrophilic Antioxidant capacities of common foods in the United States. *J. Agric. Food Chem.* 2004;52(12):4026-4037
3. Food Standards Australia New Zealand Proposal P293 Draft Nutrient, health and related claims consultation paper for first review March 2009 cited <http://www.foodstandards.gov.au/> June 2010
4. Nuts for Life. 2009 Nutrient Composition of Tree Nuts. Sydney: Nuts for Life; 2009.
5. Food Standards Code Australia New Zealand, Standard 1.2.8, Issue 115
6. Dietary fats and dietary sterols for cardiovascular health (2009) cited <http://www.heartfoundation.org.au/>
7. Food Standards Code Australia New Zealand, Standard 1.1.1, Issue 115
8. Australian Government National Health and Medical Research Council Nutrient References Values for Australia and New Zealand cited at www.nrv.gov.au, June 2010





PECAN NUTS NUTRITIONAL INFORMATION

| <i>Serving Size: 30g</i> | <i>Average Quantity per serving</i> | <i>Average Quantity per 100g</i> |
|----------------------------|-------------------------------------|----------------------------------|
| Energy | 894kj (213Cal) | 2980kj (711Cal) |
| Protein | 2.9g | 9.8g |
| Fat, Total | 21.6g | 71.9g |
| - Saturated | 1.4g | 4.5g |
| - Trans | 0.0g | 0.0g |
| - Monounsaturated | 11.7g | 39.1g |
| - Polyunsaturated | 7.4g | 24.8g |
| - Omega 3 | 186mg | 620mg |
| - Alpha-linolenic acid | 186mg | 620mg |
| Cholesterol | 0.0mg | 0.0mg |
| Carbohydrate | 1.5g | 4.9g |
| - Sugars | 1.3g | 4.3g |
| Dietary Fibre | 2.5g | 8.4g |
| Sodium | 0.9mg | 3mg |
| Potassium | 150mg | 500mg |
| Magnesium | 33.0mg | 110mg |
| Zinc | 1.2mg | 3.9mg |
| Copper | 0.4mg | 1.2mg |
| Plant Sterols | 30.6mg | 102mg |
| Antioxidants \wedge (TP) | 600mg | 2000mg |

\wedge Antioxidants expressed as Total Phenolics (TP) (Gallic Acid equivalents)

Antioxidant Comparison of Nuts

